

November 2023

The Life Enrichment Center at Oyster Bay
45 E Main St, Oyster Bay, NY 11771
(516) 922-1770



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday

Tuesday

Wednesday

Thursday

Friday

<p>The following new groups and clubs are beginning in November!</p> <p>10:30 Mondays–Creative Writing</p> <p>1:00 Veterans Club (One Wednesday per month)</p>	<p>Blood Pressure Screenings every Tues. & Fri. from 10am until 12pm</p> <hr/> <p>Strength Training with John every Tues. & Thurs. at 9am and at 10:15am</p>	<p>¹</p> <p>9:00 Low Impact Cardio 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 11:30 Seated Stretch with Theresa 12:45 Crafts w/Marge & Sue 12:45 Rottkam Farm Trip</p>	<p>²</p> <p>9:00 Strength Training 10:15 Strength Training 10:30 SAC Meeting 11:30 Autumn Trivia 12:45 New! Chair Dance w/Kim 1:00 NEW! Tea Time w/Miranda</p>	<p>³</p> <p>9:00 Low Impact Cardio 10:30 Tai Chi w/Spencer 10:30 Senior Chat 11:30 Brain Games 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>
<p>⁶</p> <p>9:00 Low Impact Cardio 10:30 New! Creative Writing w/Kathy & JoAnn 11:00 Gentle Flow Yoga 11:30 New! Family Feud w/ Theresa 12:45 New! Musical Bingo w/Emlly 1:00 Stretch & Balance</p>	<p>⁷</p> <p>9:30 Adelphi Nurses 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 11:00 Syosset Talented Young Musicians 12:45 Bingo 1:00 Line Dancing</p>	<p>⁸</p> <p>9:00 Low Impact Cardio 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 11:15 New: Brain Fitness w/ Michelle 2:00 Decorate for Veterans Tribute 12:45 Stop & Shop Trip</p>	<p>⁹</p> <p><u>VETERANS TRIBUTE</u> 9:00 Strength Training 10:15 Strength Training 11:15 Veterans Day Celebration 2:00 Caregiver's Group w/Ruth</p>	<p>¹⁰</p> <p>9:00 Low Impact Cardio 10:30 Tai Chi w/Spencer 10:30 Senior Chat 11:15 Diwali Dance with Students 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>
<p>¹³</p> <p>9:00 Low Impact Cardio 10:30 New! Creative Writing w/Kathy & JoAnn 11:00 Gentle Flow Yoga 11:15 New! Jeopardy w/ Nancy 12:45 Name that Piano Tune w/Michele 1:00 Stretch & Balance</p>	<p>¹⁴</p> <p>9:30 Adelphi Nurses 10:00 Watercolour Painting Class 11:15 Legal Education Session - Estate Planning Info w/Donna Stefans 12:45 SUPER Bingo 1:00 Line Dancing</p>	<p>¹⁵</p> <p>9:00 Low Impact Cardio 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 11:30 Birthday Day 12:45 Crafts w/Marge and Sue 1:00 NEW Veterans Club w/Michael 12:45 Trip to Del Vino</p>	<p>¹⁶</p> <p>9:00 Strength Training 10:15 Strength Training 10:00 Holiday Sale 10:30 SAC Meeting 11:15 Move To Music w/Gina 2:00 Foodie Group w/ Anthony & Beth</p>	<p>¹⁷</p> <p>10:00 Holiday Sale 10:30 Tai Chi w/Spencer 11:30 Brain Games 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>20</div> 9:00 Low Impact Cardio 10:30 New! Creative Writing w/Kathy & JoAnn 11:00 Gentle Flow Yoga 11:30 New! Proverbs and Sayings w/Theresa 12:45 Chorale Group w/ Theresa 1:00 Stretch & Balance	<div>21</div> 9:30 Adelphi Nurses 10:00 Watercolour Painting Class 11:30 BRUNCH 12:45 Bingo 1:00 Line Dancing 2:00 Decorate for Thanksgiving	<div>22</div> 9:00 Low Impact Cardio 10:05 Stretch & Balance 11:30 Gratefulness Group Poetry Writing Session with Theresa 12:00 Thanksgiving Celebration	<div>23</div> <div>CENTER CLOSED</div>	<div>24</div> <div>CENTER CLOSED</div>
<div>27</div> 9:00 Low Impact Cardio 10:30 New! Creative Writing w/Kathy & JoAnn 11:30 New! Finish the Line w/ Theresa 12:45 Virtual Broadway Musical Tunes Compilation 1:00 Stretch & Balance	<div>28</div> 10:00 Watercolour Painting Studio 11:15 Award Presentation to Kathy By Long Island Volunteer Center 12:45 Bingo 1:00 Line Dancing	<div>29</div> 9:00 Low Impact Cardio 10:00 St. Francis Van (Blood Pressure, Flu Shots Cholesterol & Diabetes Screening) 10:05 Stretch & Balance 11:15 Virtual Trip to Israel 12:45 Trip to Trader Joes	<div>30</div> 9:00 Strength Training 10:15 Strength Training 11:15 "MIND Diet" Presentation w/ Ky Ee of Cornell Cooperative 2:00 Caregiver's Group w/Ruth	<div>Save The Dates in December</div> 12-5 Diabetes Prevention, Management and Reversal w/ Alexandria 12-7 Hanukkah Celebration 12/14-12/15 Cookie Sale 12/20 Christmas Party (ticket) 12/21 Vernon School Chorus



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30am – 4:30pm

Meals suggested contribution: \$3 - \$5

Transportation suggested contribution: \$3

Exercise suggested contribution: \$5

Site Council Meeting: 11-2-23 at 10:30am

Birthdays Celebration: 11-15-23

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.
PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.