

April 2024

**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

1 9:00 Low Impact Cardio 10:00 & 11:00 SPANISH 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Healthy Snacks w/ Winza from Glen Cove Center for Nursing & Rehab 1:00 Stretch & Balance	2 9:00 Strength Training & at 10:15am 9:30 Adelphi Nurses 10:00 Blood Pressure Screening 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 12:45 Bingo 1:00 Activities Meeting 1:00 Tech Time w/Jillian 1:00 Line Dancing 1:00 Meditation	3 9:00 Low Impact Cardio 10:00 Mah Jongg 10:00 Women of the Ages 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 12:45 Crafts w/Marge & Sue	4 9:00 Strength Training & at 10:15am 11:30 Volunteer Awards 12:00 Volunteer Appreciation Luncheon 1:00 Entertainment by David Jacobsen of Neil Forever 1:00 Discussion & Snacks w/ Miranda	5 9:00 Low Impact Cardio 10:00 Blood Pressure Screening 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:15 April Jeopardy 12:00 Canasta Group 12:00 Piano Music by Joan 12:45 Bingo 1:00 50/50 Movement & Meditation 1:00 Bridge Game
8 9:00 Low Impact Cardio 10:00 & 11:00 SPANISH 10:30 Creative Writing 10:30 Making Baskets for The Homebound 11:00 Gentle Flow Yoga 12:45 Chorale Group 1:00 Stretch & Balance	9 9:00 Strength Training & at 10:15am 9:30 Adelphi Nurses 10:00 Blood Pressure Screening 10:00 Watercolour Painting Class 11:30 Move to Music 12:45 Bingo 1:00 Tech Time w/Jillian 1:00 Line Dancing	10 9:00 Low Impact Cardio 10:00 Mah Jongg 10:00 Women of the Ages 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 12:45 Crafts w/ Marge and Sue 5:30 REVERSE RAFFLE DINNER and DRAWING	11 9:00 Strength Training & at 10:15am 10:30 Trips & Tours Meeting 1:00 Discussion & Snacks w/ Miranda 2:00 Caregiver Support Group 2:00 Foodie Group	12 9:00 Low Impact Cardio 10:00 Blood Pressure Screening 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 Brain Games 12:00 Piano Music by Joan 12:45 Bingo 1:00 50/50 Movement & Meditation
15 9:00 Low Impact Cardio 10:00 & 11:00 SPANISH 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Piano Sing-A-Long w/ Michele Purcell 1:00 Stretch & Balance	16 9:00 Strength Training & at 10:15am 10:00 Blood Pressure Screening 11:30 Rock & Roll History Part 1 w/Theresa 12:45 Super Bingo 1:00 Tech Time w/Jillian 1:00 Line Dancing 1:00 Meditation 7:00 Open Mic Night	17 9:00 Low Impact Cardio 10:00 Mah Jongg 10:00 Watercolours Expressions 10:00 Women of the Ages 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 11:30 Birthday Day 12:45 Spring Fling	18 9:00 Strength Training & at 10:15am 10:30 SAC Meeting 11:15 "Are You Smarter than a Nutritionist?" w/ Khyee of Cornell Cooperative 12:45 Trip to IGA Bayville 1:00 Discussion & Snacks w/ Miranda	19 9:00 Low Impact Cardio 10:00 Blood Pressure Screening 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 Brain Games 12:00 Piano Music by Joan 12:00 Canasta Group 12:45 Bingo 1:00 50/50 Movement & Meditation

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
9:00 Low Impact Cardio 10:00 & 11:00 SPANISH 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Name that Tune w/ Deidre from Oyster Bay Manor 1:00 Stretch & Balance	9:00 Strength Training & at 10:15am 10:00 Blood Pressure Screening 11:15 Scam Prevention Seminar presented by Senator Jack Martin's office 12:45 Bingo 1:00 Tech Time w/Jillian 1:00 Line Dancing	9:00 Low Impact Cardio 10:00 Mah Jongg 10:00 Watercolours Expressions 10:00 Women of the Ages 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 12:45 Trip to Trader Joe's 1:00 Book Club Discussion Group	11:30 Passover Discussion 12:00 Passover Lunch 1:00 Discussion & Snacks w/ Miranda 2:00 Caregiver Support Group	9:00 Low Impact Cardio 10:00 Blood Pressure Screening 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 Brain Games 12:00 Piano Music by Joan 12:45 Bingo 1:00 50/50 Movement & Meditation
29	30			
9:00 Low Impact Cardio 10:00 & 11:00 SPANISH 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Drum Fitness for Health w/PT from Excel 1:00 Stretch & Balance	9:00 Strength Training & at 10:15am 10:00 Blood Pressure Screening 10:00 Watercolour Studio 12:45 Bingo 1:00 Tech Time w/Jillian 1:00 Line Dancing	MOLLOY HEALTH FAIR on Thursday 4-24-24 From 1pm – 3pm	APRIL IS VOLUNTEER APPRECIATION MONTH	



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: 4-18-24 at 10:30am

Birthdays Celebration: 4-17-24 at 11:30am

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