

June 2026

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>1</p> <p>10:00 Creative Writing Studio 10:00 Spanish in the Library 10:45 Wellness Kickoff! 11:00 Spanish in the library 1:00 BIGOCIZE w/Demi (New!!) 1:00 Canasta 1:00 Stretch & Balance WELLNESS WALK KICKOFF!</p>	<p>2</p> <p>9&10:15 Strength Training 10:00 Watercolor Painting - Level 1 10:00 Blood Pressure Screening 10:30 Grumpy Old Men 12:45 Bingo 1:00 Meditation 7:00 Open Mic Night</p>	<p>3</p> <p>10:00 Mah Jong 10:00 Abstract Art w/Mike 10:00 Women of the Ages 11:15 Nancy's Luncheon 10:05 Stretch & Balance 12:45 Trip to Stop & Shop 1:00 Arts & Craft Group</p>	<p>4</p> <p>ELLIS ISLAND TRIP 7:45 BUS DEPARTS FOR TRIP 9&10:15 Strength Training 10:30 Thoughtful Thursdays 1:00 Light Aerobics (sponsored by NCOFA) 1:00 Breakfast for your Brain w/Beth 1:00 Happy Hookers 2:00 Caregiver Support</p>	<p>5</p> <p>10:00 Mahjong for Beginners 10:00 Sewing Class w/ Stephanie (New!!) 10:30 Senior Chat 10:30 Tai Chi w/Spencer 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming 1:00 BRIDGE GAME 2:00 Mahjong</p>
<p>8</p> <p>10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the library 11:15 Syosset Garden Show 1:00 BIGOCIZE w/Demi (New!!) 1:00 Canasta 1:00 Stretch & Balance</p>	<p>9</p> <p>9&10:15 Strength Training 10:00 Watercolor Painting - Level 2 10:00 Blood Pressure Screening 10:30 Grumpy Old Men 11:00 Impact of Alzheimer 11:15 Tai Chi w/ Betty Basile 12:45 super Bingo! 1:00 Meditation (LIBRARY)</p>	<p>10</p> <p>10:00 Mah Jong 10:00 Abstract Art w/Mike 10:00 Women of the Ages 10:00 Trip & Tours Meeting 11:15 Ms. Terri's Showcase 10:05 Stretch & Balance 12:45 Trip to Stop & Shop 1:00 Arts & Craft Group 1:30 Rhine River Cruise tour Presentation w/ Collette</p>	<p>11</p> <p>9-10:15 Strength Training 10:30 Thoughtful Thursdays 11:15 Father's Day Picnic at Park \$10pp) 1:00 Light Aerobics w/NILO (sponsored by NCOFA) 1:00 Happy Hookers 2:00 Caregiver Support Group</p>	<p>12</p> <p>10:00 Mahjong for Beginners 10:30 Senior Chat 10:30 Tai Chi w/Spencer 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming 1:00 Bridge Game 2:00 Mahjong</p>
<p>15</p> <p>10:00 Creative Writing 10:00 Spanish in the Library 11:00 Spanish in the library 11:15 Tissue Paper Flowers w/ Alyssa from Silver Linings 1:00 BIGOCIZE w/Demi (New!!) 1:00 Canasta 1:00 Stretch & Balance NASSAU COUNTY OPEN HOUSE!</p>	<p>16</p> <p>9&10:15 Strength Training 10:00 Watercolor Painting - Level 1 10:00 Blood Pressure Screening 10-12 Device Dilemma Day with Family Service League 11:15 JUDY'S Townhall 10:30 Grumpy Old Men 12:45 Bingo 1:00 Meditation (Library)</p>	<p>17</p> <p>BIRTHDAY DAY 10:00 Mah Jong 10:00 Abstract Art w/Mike 10:00 Women of the Ages 10:00 Trip & Tours Meeting 10:05 Stretch & Balance 11:15 Rethink your drink w/Khy Ee 12:45 Stop & Shop 1:00 Arts & Craft Group 1:00 Coloring Tea Party</p> 	<p>18</p> <p>9& 10:15 Strength Training 10:00 SAC Meeting 10:30 Thoughtful Thursdays 11:00 Urban Zen w/ Glen Gariff 1:00 Zumba Gold (sponsored by NCOFA) 1:00 Happy Hookers Meet 2:00 Foodie Group (MUST RSVP w/ BETH) 2:00 Caregiver Support</p>	<p>19</p> <p>10:00 Mahjong for beginners 10:00 Sewing Class w/ Stephanie (New!!) 10-12 Android class (MUST RSVP w/P.O 10:30 Tai Chi w/Spencer 11:30 Juneteenth Presentation 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming 1:00 Bridge Game 2:00 Mah Jongg</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">22</p> <p>ONION RING DAY</p> <p>10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the library 12:45 Cardio Drumming w/ Excel 1:00 BIGOCIZE w/Demi (New!!) 1:00 Canasta 1:00 Stretch & Balance</p>	<p style="text-align: right;">23</p> <p>9&10:15 Strength Training 10:00 Watercolor Painting - Level 1 10:00 Blood Pressure Screening 10:30 Grumpy Old Men 12:45 Bingo 1:00 Meditation</p>	<p style="text-align: right;">24</p> <p>10:00 Mah Jong 10:00 Abstract Art w/Mike 10:00 Women of the Ages 10:05 Stretch & Balance 12:45 Trip to IGA 1:00 Arts & Craft Group 5:00 Festival of Baskets Ticket Required \$20</p>	<p style="text-align: right;">25</p> <p>9-10:15Strength Training 10:30 Thoughtful Thursdays 11:15 Piano music w/ Michele 1:00 Breakfast for your Brain w/ Beth 1:00 Light Aerobics w/NILO (sponsored by NCOFA) 1:00 Happy Hookers Meet</p>	<p style="text-align: right;">26</p> <p>10:00 Mahjong for beginners 10:30 Senior Chat 10:30 Tai Chi w/Spencer 10:00-12:00 Android class (MUST RSVP TO P.O—2-part class) 12:00 Piano Music by Joan 12:45 Bingo 1:00 BRIDGE GAMES 1:00 Cardio Drumming 2:00 Mahjong</p>
<p style="text-align: right;">29</p> <p>10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the library 11:15 SEATED DANCE W/KIM 1:00 BIGOCIZE w/Demi (New!!) 1:00 Canasta 1:00 Stretch & Balance</p>	<p style="text-align: right;">30</p> <p>9&10:15 Strength Training 10:00 Watercolor Painting - Level 1 10:00 Blood Pressure Screening 10:30 Grumpy Old Men 12:45 Bingo 1:00 Meditation</p>	<p style="text-align: center;"> Reserve Lunch & Bus 2 days in advance by 2pm. Reservations can be made at the Front Desk or by phone. Call to schedule AND OR cancel (516)922-6422 Programs Subject to Change </p>		<p style="text-align: center;"> A special thank you to our generous sponsors for providing the ice cream truck for our Father's Day Picnic. Please see Nicole for more information about these agencies. 11:15 Pressed Flowers w/ Deirdre from Oyster Bay Manor </p>



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Area Served:

Bayville, Brookville, East Norwich, Lattingtown, Locust Valley, Muttontown, Oyster Bay, Oyster Bay Cove

Hours of Operation: 8:30AM -4:30PM

Meals suggested contribution: \$3-\$5

Transportation suggested contribution: \$3

Exercise suggested contribution: \$5 per class

Site Council Meeting: 06/18/2026 10:00am

Birthdays Celebration: 06/17/2026 12:30PM

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