

# July 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>Reserve Lunch &amp; 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 <b>Programs Subject to Change</b></p>		<p>1 10:00 Women of the ages 10:00 Abstract Art w / Mike 11:15 Dietary Guidelines with Rosella from (OFA) 12:45 Trip to stop &amp; shop 1:00 Oyster Bay Music Festival</p>	<p>2 10:00 Beginner Canasta 11:15 Fourth of July Celebration 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Oyster Bay Music Festival Performance</p>	<p>3 10:00 Mahjong for Beginners 10:00 Sewing Class w/ Stephanie 10:30 Senior Chat 11:00 Oyster Bay Music Festival 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>
<p>6 Closed in observance of Independence Day</p>	<p>7 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 1 10:30 Grumpy Old Men's Group 1:00 Meditation (Library) 2:00 Trip &amp; Tours Meeting</p>	<p>8 10:00 Women of the Ages 10:00 Abstract Art w/ Mike 12:45 Trip to Lidl 1:00 Arts &amp; Crafts w/ Sue and Marge</p>	<p>9 10:00 Beginner Canasta 11:00 Be a Smart Cookie Updates on elder law and estate planning 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 2:00 Foodie Group (MUST RSVP TO BETH) 2:00 Caregiver Support Group</p>	<p>10 10:00 Mahjong for Beginners 10:30 Senior Chat 11:15 "Repairing Homes, Revitalizing Communities w/ Rebuilding LI 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>
<p>13 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 French Fry Day– Name that sauce! 1:00 BINGOCIZE</p>	<p>14 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:00-12:00 Teen Tech Help ( sign up in PO) 10:30 Grumpy Old Men's Group 11:15 Tai Chi w/ Betty Basile 12:45 Super Bingo! 1:00 Meditation (Library)</p>	<p>15 <b>BIRTHDAY DAY</b> 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 12:45 Trip to Stop &amp; Shop 1:00 Coloring Tea Party w/ Alice</p> 	<p>16 10:00 Beginner Canasta 11:00 Urban Zen w/ Glen Gariff 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth</p>	<p>17 10:00 Mahjong for Beginners 10:00 Sewing Class w/ Stephanie 10:30 Senior Chat 11:15 Scam Prevention Seminar w/ All Clear Tech 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
<p><b><u>ONION RING DAY</u></b></p> <p>10:00 Creative Writing Studio</p> <p>10:00 Spanish in the Library</p> <p>11:00 Spanish in the Library</p> <p>11:15 BINGOCIZE (New!!)</p> <p>1:00 SEATED DANCE W/KIM</p>	<p>10:00 Blood Pressure Screening</p> <p>10:00 Watercolor Painting Level 2</p> <p>10:30 Grumpy Old Men's Group</p> <p>12:45 Bingo</p> <p>1:00 Meditation (Library)</p>	<p>10:00 Women of the Ages</p> <p>10:00 Abstract Art w/ Mike Galatro</p> <p>10:30 Summer Concert in the Park (<b>\$10pp must purchase a ticket</b>)</p> <p>1:30 South Dakota Badlands Presentation w/ Collette</p>	<p>10:00 Beginner Canasta</p> <p>11:15 Performance by "Last Minute"</p> <p>1:45 Trip to IGA</p> <p>1:00 Zumba Gold with Nilo</p> <p>1:00 Happy Hookers</p> <p>2:00 Caregiver Support Group</p>	<p>10:00 Mahjong for Beginners</p> <p>10:30 Senior Chat</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo</p> <p>1:00 Bridge Game</p> <p>2:00 Mahjong</p>
27	28	29	30	31
<p>10:00 Creative Writing Studio</p> <p>10:00 Spanish in the Library</p> <p>11:00 Spanish in the Library</p> <p>11:15 BINGOCIZE (New!!)</p> <p>12:45 Cardio Drumming w/ Excel</p>	<p>10:00 Blood Pressure Screening</p> <p>10:00 Watercolor Painting Level 2</p> <p>10:00-2:00 Catholic Health Bus</p> <p>10:30 Grumpy Old Men's Group</p> <p>12:45 Bingo</p> <p>1:00 Meditation (Library)</p> <p><b><u>NASSAU COUNTY OPEN HOUSE!</u></b></p>	<p>10:00 Women of the Ages</p> <p>10:00 Abstract Art w/ Mike Galatro</p> <p>12:45 Trip to Trader Joes</p>	<p>10:00 Beginner Canasta</p> <p>11:15 Coaster Craft W/ ALYSSA Silver Linings</p> <p>1:00 Zumba Gold with Nilo</p> <p>1:00 Happy Hookers</p> <p>2:00 Summer Carnival</p>	<p>10:00 Mahjong for Beginners</p> <p>10:00 Sewing Class w/ Stephanie (New!!)</p> <p>10:00-12:00 Teen Tech Help (SIGN UP PO)</p> <p>10:30 Senior Chat</p> <p>11:30 Move to the Beat w/ Gina</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo</p> <p>1:00 Bridge Game</p> <p>2:00 Mahjong</p>



**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 per class

Site Council Meeting:

Birthdays Celebration: 07/15/2026

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