

August 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

3 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the library 1:00 BINGOCIZE	4 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 1 10:30 Grumpy Old Men's Chat 12:45 Bingo 1:00 Meditation (Library)	5 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Performance by "Last Minute" 12:45 Trip to Stop & Shop 1:00 Arts & Crafts w/ Sue and Marge	6 10:00 Beginner Canasta 11:15 trivia with Nicole & Demi 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth 2:00 Caregiver Support Group	7 10:00 Mahjong for All (Beginners welcome) 10:00 Sewing Class w/ Stephanie (New!!) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
10 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 1:00 BINGOCIZE	11 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 11:15 Tai Chi w/ Betty Basile 12:45 Super Bingo! 1:00 Meditation (Library)	12 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Trivia w/ Alyssa from Silver Linings 12:45 Trip to Lidl 1:00 Trip & Tours Meeting	13 9:30 Jones Beach Trip Departs (\$15pp) 10:00 Beginner Canasta 11:15 Brain Health w/ Family First Home Companions 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 2:00 Foodie Group (RSVP TO BETH)	14 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
17 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 1:00 BINGOCIZE (New!!)	18 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 11:15 Music Bingo w/ Deirdre 12:45 Bingo 1:00 Meditation (Library) <u>NASSAU COUNTY OPEN HOUSE!</u>	19 <u>BIRTHDAY DAY</u> 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:30 Birthday Day Celebration 12:45 Trip to Stop & Shop 1:00 Coloring Tea Party w/ Alice 	20 10:00 Beginner Canasta 10:00-12:00 iPhone Class (Must Sign up) 11:00 Urban Zen w/ Glen Graiff 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth 2:00 Caregiver Support Group	21 10:00 Mahjong for All (Beginners welcome) 10:00 Sewing Class w/ Stephanie (New!!) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game

Monday	Tuesday	Wednesday	Thursday	Friday
24 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE (New!!) 12:45 Cardio Drumming w/ Excel	25 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	26 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 1:45 Trip to Trader Joes 5:00 End of the Summer Party (Ticket Required)	27 10:00 Beginner Canasta 10:00-12:00 iPhone Class (Must Sign up) 11:15 Summer Health Tips w/ Pamper our Parents 1:00 Zumba Gold with Nilo 1:00 Happy Hookers	28 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 11:30 Move to the beat w/ Gina 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
31 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 1:00 BINGOCIZE (New!!)				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



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: N/A

Birthdays Celebration: 08/19/2026 12:30PM

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