

September 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

	1 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 1 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	2 10:00 Captree Fishing Trip Departs – SOLD OUT 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro	3 10:00 Beginner Canasta 1:00 Zumba Gold with Nilo 12:45 Trip to Stop & Shop 1:00 Happy Hookers 2:00 Caregiver Support Group	4 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
7 CLOSED FOR LABOR DAY	8 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 12:45 Super Bingo! 1:00 Meditation (Library)	9 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Did you know? w/ Demi 12:45 Trip to Stop & Shop 1:00 Arts & Crafts w/ Sue and Marge 1:00 Trip & Tours Meeting	10 10:00 Beginner Canasta 10:00 SAC Meeting 11:30 Rosh Hashanah 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth	11 10:00 Sewing Class w/ Stephanie (New!!) 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 11:15 9/11 Memorial 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
14 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE (New!!)	15 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)	16 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Nutrition and Eye Health w/ Khy Ee 11:45 Birthday Day Celebration 12:45 Trip to Lidl 2:00 Foodie Group (RSVP TO BETH)	17 10:00 Beginner Canasta 11:00 Urban Zen w/ Glen Graiff 11:00 Comedy with Howard 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Coloring Tea Party w/ Alice 2:00 Caregiver Support Group	18 9:00-12:00 Flu Clinic w/ Northwell Health 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game

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21 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE (New!!)	22 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) <u>NASSAU COUNTY OPEN HOUSE!</u>	23 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 12:45 Trip to Trader Joes 1:30 Rhine River Cruise, Music Cities, and South Dakota Badlands Presentation w/ Collette	24 10:00 Beginner Canasta 10:45 Casablanca with Larry 12:45 Trip to Stop & Shop 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth	25 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
28 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE (New!!)	29 9:30 Bronx Zoo Trip Departs— \$189pp 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)	30 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Music Bingo w/ Deirdre 12:45 Trip to Rottkamp Farms for fresh produce 1:00 Arts & Crafts w/ Sue and Marge 1:00 Book Club: Enormous Wings by Laurie Frankel		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: 09/10/2026 10:00 AM

Birthdays Celebration: 9/16/2026 11:45 AM

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