

October 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

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	Upcoming Events! Tuesday November 17th sign up to meet with St. Johns pharmacists and students to discuss your medications (by appointment only, contact program office)	Halloween Party Tickets on sale now! Please visit program office to purchase your ticket for \$20pp	1 10:00 Beginner Canasta 11:15 Oktoberfest! (RSVP for lunch) 1:00 Zumba Gold with Nilo 12:45 Trip to Stop & Shop 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth	2 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
5 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 Music Mondays w/ Aidan & Eryka 1:00 BINGOCIZE	6 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)	7 9:30 Bayard Arboretum – \$84 pp 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Craft w/ Alyssa—Silver Linings 12:45 Trip to Stop & Shop 1:00 Arts & Crafts w/ Sue and Marge	8 10:00 Beginner Canasta 10:00 SAC Meeting 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 2:00 Caregiver Support Group 2:00 Foodie Group (RSVP TO BETH)	9 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
12 10:00 Creative Writing Studio 10:00-12:00 Teen Tech Help (Sign Up) 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 Pumpkin Decorating Contest with Troop 200	13 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)	14 10:00 Women of the Ages 11:15 Fraud Prevention with Nassau County Clerk Office 12:45 Trip to Aldi 1:00 Hot Takes w/ Aidan & Eryka 5:00 Red White & Blue Bingo Fundraiser (\$30pp—Purchase in Program office)	15 10:00 Beginner Canasta 11:00 Urban Zen w/ Glen Graiff 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Coloring Tea Party w/ Alice	16 10:00-12:00 Flu Clinic w/ CVS 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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19	20	21	22	23
10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 Music Mondays w/ Aidan & Eryka 1:00 BINGOCIZE	10:00 Blood Pressure Screening 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	BIRTHDAY DAY 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Nutrition Label Facts w/ Khy Ee 11:45 Birthday Day Celebration 1:00 Arts & Crafts w/ Sue and Marge 1:00 Trip & Tours Meeting	10:00 Beginner Canasta 11:15 Music Bingo w/ Deirdre 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Did you know? w/ Demi 1:00 Breakfast for your Brain w/ Beth 2:00 Caregiver Support Group	10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
26	27	28	29	30
10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE 12:45 Cardio Drumming w/ Excel	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</u>	BRUNCH 9:30-4:00 Medicare Appointments with Julie Ward-Abdo (Must Sign Up) 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 1:00 Hot Takes w/ Aidan & Eryka 1:00 Book Club: The Calamity Club by Kathryn Stockett	10:00 Beginner Canasta 1:00 Zumba Gold with Nilo 5:00 Halloween Party (Ticket Required \$20pp Dinner Served)	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



BRUCE A. BLAKEMAN

NASSAU COUNTY EXECUTIVE

Area Served:

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

Hours of Operation: 8:30 AM – 4:30 PM

Meals suggested contribution: \$3-\$5

Transportation suggested contribution: \$3

Exercise suggested contribution: \$5 per Class

Site Council Meeting: 10/8/2026 10:00AM

Birthdays Celebration: 10/21/2026 12:00PM

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