November 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
2 10:00 Creative writing studio 10:00 Spanish in the library 11:00 Spanish in the library 1:00 BINGOCIZE	3 10:00 Blood Pressure Screening 10:00 watercolor painting Lvl 1 10:30 Grumpy Old Men's group 12:45 Bingo 1:00 Meditation (library)	4 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Food Safety Tips w/ Khy Ee 12:45 Trip to Stop & Shop	5 10:00 Beginner Canasta 11:15 Dream Catcher Craft w/ silver linings 1:00 Zumba Gold W/ Nilo 12:45 Trip to stop & Shop 1:00 Happy Hookers 2:00 Caregiver Support Group	**6** 10:00 Mahjong for All (Beginners Welcome) 10:30 Senior Chat 11:00 Changes to Medicare w/ Jason 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
9 10:00 Creative writing studio 10:00 Spanish in the library 11:00 Spanish in the library 1:00 BINGOCIZE	**10** 10:00 Blood Pressure Screening 10:00 watercolor painting Level 1 10:30 Grumpy Old Men's group 12:45 Super Bingo! 1:00 Meditation (library)	11 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Veterans Day 12:45 Trip to Lidl	12 10:00 Beginner Canasta 10:00 SAC meeting 1:00 Zumba Gold w/ Nilo 1:00 Happy Hookers 2:00 Foodie Group (must sign up)	13 10:00 Mahjong for All (Beginners Welcome) 10:30 Senior Chat 11:15 Jeopardy W/ Nursing students 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
16 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 BINGOCIZE	17 10:00 Blood Pressure Screening 10:00 watercolor painting Lvl 1 10-12 Brown Bag Day w/ St. Johns (must sign up) 10:30 Grumpy Old Men's group 12:45 Bingo 1:00 Meditation (library)	18 BIRTHDAY DAY 11:45 9:30-4:00 Medicare appts. w/ Julie Ward-Abdo (must sign up) 10:00 Women of the Ages 10: Abstract Art w/ mike Galatro 11:15 music Bingo w / Deirdre 12:45 trip to stop & shop	19 10:00 Beginner canasta 10:30-2:30 Holiday Gift Shop 11:15 Transition care and financial scams w Judith Rivera and Matt Nartowicz 1:00 Zumba Gold w/ Nilo 1:00 coloring tea party w Alice 2:00 caregivers Support Group NASSAU COUNTY OPEN HOUSE!	20 10:00 Mahjong for All (Beginners Welcome) 10:30 Senior Chat 10:30-2:30 Holiday gift shop 11:30 Move to the Beat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game

Monday	Tuesday	Wednesday	Thursday	Friday
23 **10:00 Creative writing studio** **10:00 Spanish in the library** **11:00 Spanish in the library** **1:00 BINGOCIZE** **12:45 Cardio Drumming w/ Excel**	**24** **BRUNCH** **10:00 Blood Pressure Screening** **10:30 Grumpy Old Men's chat** **12:45 Bingo** **1:00 Meditation (Library)**	25 **10:00 Women of the Ages** **10:00 Abstract Art w mike Galatro** **11:15 thanksgiving Celebration!** **12:45 trip to trader joes**	26 HAPPY THANKSGIVING! WE ARE THANKFUL FOR YOU! CENTER CLOSED	27 
30 **8:30 casino Trip - $50 pp** **10:00 Creative writing studio** **10:00 Spanish in the library** **11:00 Spanish in the library** **1:00 BINGOCIZE**			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: 11/12/2026 10:00AM

Birthdays Celebration: 11/18/2026 11:45 AM

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