



<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>
9:00 Aerobics with Terri 10:00 Let's Play Cards in the main hall 10:05 Yoga with Amy 11:00 American Sign Language 11:05 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga Class with Mary Lou 12:45 Tai Chi Work Out w/Spencer G.	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 10:15 Strength Training with Judi 10:15 *Dance-A-Chair with Carol (*Funded by NCOFA) 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet w/Terri 10:00 Mah Jongg
1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
10:30 Activity Hour with Jennifer 11:00 Friendly Visiting Meeting with Mary 11:30 Piano Music by Shirley	10:00 Watercolor Group in conference room 1:00 Super Bingo	11:30 Social Service Update with Beth 12:15 Bus takes members to Stop & Shop	11:30 Chair Yoga w/Mary Lou 1:30 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo
8	9	10	11	12
10:30 Activity Hour with Jennifer 1:30 Friendly Visit to Day Break 5:00 Caregiver's Discussion Group w/Ruth 5:45 Defensive Driving Course until 8:45pm	10:00 Watercolor Group in conference room 11:15 Elder Abuse Prevention with Donna 1:00 Tuesday Bingo 5:45 Defensive Driving Course until 8:45pm	10:00 Spring Plants for Homebound Seniors (Help deliver Spring plants to seniors) 10:30 Women of the Ages 12:15 Bus takes members to Stop & Shop 12:30 Piano Music by Shirley 1:00 Daytime Caregivers Support Group	10:00 S.A.C. Meeting 10:30 Baking Demo w/Mary -Italian Cheese Pie 11:00 Grumpy Old Men 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:00 Craft Group with Sue	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 12:30 Visit with NSAL - Sharon & Puppy 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo
15	16	17	18	19
10:30 Activity Hour with Jennifer 1:00 New Rheumatoid Arthritis Support Group	10:00 Watercolor Group in conference room 11:15 Beware of Senior Scams with Chuck Lavine and Speaker from the Attorney General's Office 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken until 9pm	10:30 Help Color Easter Eggs with Mary 11:00 Brunch will be served-No Lunch today 12:15 Bus takes members to Stop & Shop 1:00 Help set up main hall for Easter & Passover Celebration	11:15 Easter & Passover Celebration Tradition of Easter & Passover with Lunch & Piano Music by Joan with sing along 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:00 Jewelry Making with Lee Ann - (suggested donation for materials)	10:30 Brain Games 10:30 Senior Chat with Judy Sorry - No Piano Music today and No Table Bingo today
22	23	24	25	26
10:30 Activity Hour with Jennifer 11:30 Meet Fiona —A.K.C. Canine Good Citizen's Award recipient 1:00 Friendly Visit to Christian Fellowship 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 11:15 Musart Music with Qi & Students 1:00 Tuesday Bingo	10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop 1:00 Help set up main hall for Volunteer Recognition Day	11:00 Grumpy Old Men 11:15 Smart Snacking w/Robyn from *Cornell Cooperative 11:45 Volunteer Recognition Celebration w/Lunch & Piano Music by John Clancy 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo
29	30			
10:00 Hospitality Meeting 10:30 Activity Hour with Jennifer	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo	<u>Committee Meeting Schedule</u> 4-01 Friendly Visitor Meeting at 11:00am 4-04 Activities Meeting at 1:30pm 4-11 S.A.C. Meeting at 10:00am 4-29 Hospitality Meeting at 10:00am	<u>Caregiver's Support Group</u> with Ruth from 5:00pm-6:30pm on Monday 4-08-19 & 4-22-19 <u>Daytime Caregivers Support Group</u> with Dawn from 1:00pm-2:00pm on Wednesday 4-10-19	LECOB Food Pantry is available every Wed. & Fri. from 11am until 3pm Providing nonperishable food to seniors in need. Please contact our social worker Beth at 922-1770 ext. 305 for more information regarding our pantry



April Menu

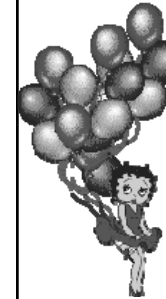
Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Shells with Pomodoro sauce, Chicken soup, Italian blend veggies, garlic bread and dessert or Tuna Salad on wheat	2 BBQ Boneless Chicken Thigh, coleslaw, baked beans, biscuit and dessert or Egg salad on wheat	3 Grilled Chicken over Caesar salad with crou-tons, potato salad, juice, roll and dessert or Tuna Salad on wheat	4 Beef Pot Pie with vegetables, carrots, juice, wheat bread and dessert or Egg salad on wheat	5 Crab Cake with dill sauce, sweet potato fries, green beans, wheat bread and dessert or Turkey on wheat
8 Pasta with Broccoli in garlic & oil, tossed salad w/ chic peas, juice, roll and dessert or Tuna salad on wheat	9 Breaded Chicken Cutlet with fruit chutney, wild rice, spinach, juice, roll and dessert or Turkey on wheat	10 Beef & Broccoli with fried rice, Stir fry vegeta-bles, Asian bun and des-ert or Egg salad on wheat	11 Salisbury Steak with gravy, mashed potatoes. mixed vegetables, biscuit and dessert or Tuna salad on wheat	12 Personal Pizza, Minestrone soup, juice, and dessert No cold lunch today
15 Spaghetti & Meat-balls with marinara sauce, Italian blend veggies, juice, garlic bread and dessert or Tuna salad on wheat	16 Chicken Quesadilla on flour tortilla with salsa & sour cream, rice & beans, spinach and des-ert or Egg Salad on wheat	17 Brunch Day Eggs with potatoes and onions, field green salad with nuts & cranberries, orange juice, English muffin and yogurt No lunch today Brunch served at 11am	18 Easter & Passover Celebration. Pot Roast with gravy, roasted potatoes, asparagus, matzo and dessert No cold lunch today	19 Salmon Cake with dill sauce, baked French fries, zucchini, roll and dessert or Chicken salad on wheat
22 Cheese Ravioli with Pomodoro sauce, tossed salad, juice, Italian bread and des-ert or Tuna salad on wheat	23 HerbRoasted Chicken, sweet potato fries, green beans, bis-cuit and dessert or Turkey on wheat	24 Cheese Burger on bun with lettuce & tomato, baked French fries, juice and dessert or Tuna salad on wheat	25 Volunteer Recognition Panko Crusted Chicken with cranberry compote, rice pilaf, pea & onions, juice and occasion cake for dessert No cold lunch today	26 Birthday Day Beer Battered Fish with tartar sauce, coleslaw, broccoli, wheat bread and birthday cake for dessert No cold lunch today
29 Manicotti with Pomodoro sauce, tossed salad with chic peas, juice, garlic bread and dessert or Tuna Salad on wheat	30 Turkey Chili with beans, brown rice, spin-ach, crackers and des-ert or Egg Salad on wheat	Make your reservations before 2pm the day before - otherwise you will be put on the waiting list for lunch and will have to wait until all others have been served	Please read the menu carefully before selecting either a Hot or Cold entrée when making your reservations	Lunch reservations are necessary to insure our kitchen staff prepares enough lunches for our members

PLEASE NOTE: Menu is subject to change without notice and cannot be customized to order.
RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!
No person will be denied a service because of inability to contribute.

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging, and the Town of Oyster Bay.

Mother's Day Brunch and Betty Boop Fashion Show

on Thursday 5-9-19
starting at 11am



*Brunch served at 11:30am
Followed by Fashions from our
Silver Threads Shop
Plus Tea and desserts*

*Please make your reservations
in the Program Office*

In Loving Memory of Betty

Brain Games Questions:

- Q.1 - What's the term for a resident of Liverpool?
- Q.2 - What month features the harvest moon?
- Q.3 - What's the name of Warner Brothers' romantic skunk?
- Q.4 - What handicraft requires you to interlace your warp and weft?
- Q.5 - What's the best-known artificial international language?
- Q.6 - What river is spanned by the Rainbow Bridge?
- Q.7 - Who founded Philadelphia, Pennsylvania?
- Q.8 - What continent contains Queen Maud Land, Wilkes Land and Bird Land?

(Answers on newsletter center page)