

**Come and Join one of our Activities & Groups!**

**Caregiver's Support Group** Meets the every other **Monday** evening from 5:00pm - 6:30pm

**Craft Group** Meets two **Thursdays** a month from 12:45pm -1:45pm (see insert page for dates)

**Creative Writing** Meets every **Monday** from 12:45pm - 1:45pm

**Journaling Your Journey** Meets every **Tuesday** and every 1st & 3rd **Thursday** of the month from 11:00am -12:00pm

**Daytime Caregivers Support Group** Meets the 2nd **Wednesday** of the month from 1:00pm - 2:00pm

**Women of the Ages** This ladies' chat group meets every 2nd and 4th **Wednesday** of the month from 10:30am - 11:30am

**Grumpy Old Men's Group** This (not really grumpy) men's chat group meets the 2nd and 4th **Thursday** of every month from 11:00am - 12:00pm

**Meditation** Meets every **Thursday** at 1:00 pm

**Crochet & Knitting Group** Meets every **Thursday** at 1:00 pm

**Brain Games** In the Main Hall every **Friday** at 10:30 am

**Jewelry Making Class** - Meets one Thursday a month at 1:00pm (There is a suggested donation for materials for this class—see Program Office)



Please join us for  
**Volunteer Recognition Day**  
on **Thurs. 4-25-19**  
starting at 11:30am

**Thank You to all of our Volunteers**

We couldn't do it without you!  
We greatly appreciate your hard work.

(Please make you lunch reservations in the Program Office)



**THE LIFE ENRICHMENT CENTER  
AT OYSTER BAY**

SERVICES AVAILABLE AT THE CENTER MONDAY - FRIDAY

- Roundtrip Bus Transportation
- Food Shopping (Wed. Only)
- Medical Transportation (516) 922-6422 (Please give us at least 2 weeks notice for all rides to medical appointments)
- Blood Pressure Screenings from 10am until 12pm
- Food Pantry - Open Wednesday and Friday 11 am to 3 pm
- Social Service Support (516) 922-1770 ext. 305  
Geriatric assessments, Guidance and Information, Direct Connection with other agencies
- Social Adult Day Care Program (516) 558-7211



**THE LIFE ENRICHMENT CENTER AT OYSTER BAY**

45 E. MAIN STREET • OYSTER BAY, NY • 11771  
Phone: 516-922-1770 • Fax: 516-922-1788  
[www.lifeenrichmentcenteroysterbay.org](http://www.lifeenrichmentcenteroysterbay.org)



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**April 2019**

**It's Never too Late to Make a New Friend**

When speaking to people about senior centers, I find there are usually two schools of thought: those who find them a haven, and those who won't step inside. The latter usually does not want to be in the company of "old people", despite being the same age.

My own mother in upstate NY refuses to go to her Center. I tell her about The Life Enrichment Center, the wonderful people here and the endless activities. I encourage her to give her Center a try. I've noticed her social circle shrinking as old friends move, become caregivers or pass on. I implore her, "Go to your Center and surround yourself with people, if only for conversation or a game of cards. You'll find likeminded people, and perhaps a new friend."

She responds, "I don't want new friends, I want my old friends back." Many people share the same sentiment and feel that it's too late in the game to be adding more players. I know from both personal experience and observing people interacting at the Center that new friendships are like a new adventure in life. "We need old friends to help us grow old, and new friends to help us stay young."

New friends and good times await you here. Come find your adventure!

Fondly,

*Judy Palumbo, Executive Director*

Many thanks to all of our "Friends" and Volunteers who helped at our parties and events last month - Mardi Gras, Saint Patrick's Day and the Pancake Breakfast!

**April Highlights**

- April 1 & 10 – Piano Music by Shirley
- April 9 – Elder Abuse Prevention with Donna
- April 16 – Beware of Senior Scams with Chuck Lavine and the Attorney General's Office
- April 18 – Easter and Passover Celebration
- April 23 – Musart Music Performance
- April 25 – Volunteer Recognition Day



**Let Us Share the Care**

The Life Enrichment Center's **Day Break Program** is a social model adult day care. We have a caring and professional staff to assist frail and memory-impaired seniors. The program is located at the Christ Church Parish Hall at 61 E. Main Street in Oyster Bay. We provide socialization and recreational programs Monday through Friday from 9am-3pm. We offer a variety of therapeutic music, light exercise, arts & crafts, lunch, snacks and transportation is also available. Please call **Bridget DeSimone** at 516-558-7211 for more information and payment options for the Day Break Program.

**Join us for Easter & Passover Celebration**  
on **Thursday 4-18-19 at 11:30am**  
Followed by **Lunch at 12 noon**

(Pot Roast with gravy, roasted potatoes,  
asparagus, matzo and macaroon)

Please make your reservations for lunch



**Highlighted Fitness Class of the Month**

**Tai Chi Workout**

**on Wednesday at 12:45pm**

**Improve balance, core strength and mood  
with a true master of Tai Chi**



45 East Main Street  
Oyster Bay, NY 11771

The Life Enrichment Center at Oyster Bay



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## Happy April Birthday



Dear April Birthday Members,

On behalf of the LECOB Staff, Senior Advisory Council (SAC) and the Executive Board of Directors, we wish you a very Happy and Healthy Birthday! Please join us for our Birthday Celebration Lunch on Friday April 26, 2019 starting at 11:30am. Please call the Program Office at 922-1770 to make lunch your reservation by 4-23-19. We look forward to celebrating with you.

Sincerely,  
The Life Enrichment Center Staff

### Our Wish List

**Items needed** - New Recumbent & Regular Cycles for our Fitness Center Gym  
Four New Computers for our Computer Lab

### Volunteers -

- Drivers to bring members to & from doctor and dental appts. Please call Mimi: 922-6422
- Bus Assistants to ride along and assist the Day Break Members
- Instructors for our day and evening programs - especially Computer instructor
- Entertainers for parties and special occasions
- Friendly Visitors to visit homebound seniors, assisted living and nursing facilities
- Activity Committee members to help plan and schedule activities
- Hospitality Committee members to sit at the front desk
- Trip Committee members to help plan local trips to museums and historical sites
- Silver Threads workers needed Monday thru Friday from 10:00am until 3:00pm
- Handyman to help with maintenance and repairs to our building
- Sponsors for special events at the Center (sponsor entertainment, food, special desserts, decorations, favors etc.)

### LECOB'S Craft Corner

Beautiful handcrafted items made with love by our very own Craft Group and The Happy Hookers on display in our lobby showcase

#### Crocheted & Knitted Items

baby sets  
blankets  
ponchos  
shawls and capelets

#### Crafted Items

painted tee shirts  
decorated totes  
seasonal wreaths

Makes thoughtful gifts

~All proceeds benefit the Life Enrichment Center~

## Trips & Tours

### Trip with Friends from Bayville Senior Club

Tues. & Wed. April 2nd & 3rd - Overnight trip to Sight & Sound Theater in Lancaster Pennsylvania for show "Jesus" with the Sands Casino and outlet shopping (Price per person \$329 for double occupancy and \$379 for single plus \$25 travel protection fee strongly suggested - A \$100 deposit payment is due at time of reservation with Victoria Siegel - please call her at 516-628-1632 for complete trip details and itinerary)

### Trip with Jim Marino from Oyster Bay Travel

Wednesday April 10, 2019 - Trip to Broadway Show "The Cher Show" and Dinner at Trecolori - Deluxe coach bus departs from center at 10:45am for the Neil Simon Theater for a 2pm matinee show with front mezzanine seats followed by a multicourse buffet style dinner at famous Trattoria Trecolori (Price per person is \$209 - 1st payment of \$109 is due before 2-15-19 and 2nd payment of \$100 is due before 3-15-19 - Please sign up in the Program Office and make all payments for this trip to Oyster Bay Travel)

### Trip with LECOB

Thursday May 16, 2019 - Trip to Sagamore Hill - LECOB bus departs from Center after lunch at 1pm for a 45 minute guided house tour with our very own docent Pinky followed by time to explore the Theodore Roosevelt Museum and grounds (Price per person is \$13 includes senior entrance ticket and bus donation-Sign up in the Program Office)

## Fun & Fitness

Looking to do something that will benefit your health? Join one of our many great **fitness classes**! We have something for everyone. Try the **Tai Chi Work Out** to improve core strength and balance with Spencer G. every Wednesday at 12:45pm. Get your heart pumping to fun pop music with Carol's **Dance-A-Chair** every Thursday at 10:15am. Learn graceful dance moves at Vladimir's **Ballroom Dance Class** on two Fridays a month at 1:00pm - no partner necessary! Find your inner peace with stress relieving **Chair Yoga Class** with Mary Lou every Thursday at 11:30am. Increase flexibility and improve balance with Judi's **Stretch & Balance Class** every Monday at 11:05am. You will be unable to tell the difference between fun and fitness while learning dance steps with Kathy's **Line Dance Class** every Tuesday at 1:30pm. Set your own pace and get a full body workout in our **Fitness Center Gym** opened from 8:30am until 4:30pm. Please see the enclosed calendar for a full listing of all our fitness classes and activities. Call the Program Office at 516-922-1770 for additional information. All fitness class donations are gratefully accepted.

New

### Rheumatoid Arthritis Support Group

with Mary and Nancy  
on Monday 4-15-19  
from 1pm to 2pm

Share helpful information and offer support and encouragement

### Save the Date!

Disco Party: "Studio 45"  
Friday, May 31  
7 to 10 pm

Put on your dancing shoes, and "get up and boogie"!



Tickets:  
\$50 LEC members  
\$65 non-members (\$75 after May 24)

Call for information: 922-1770

### Silver Threads Thrift Shop

Selling gently used lady's & men's clothing, shoes & accessories

#### The Spring Collection Is Here!

Open Monday through Friday  
from 10am to 2pm  
(Store closed from 12pm until 12:45pm for lunch)

All proceeds benefit  
The Life Enrichment Center at Oyster Bay

Now accepting donations of Spring & Summer apparel



## Evening Exercise Classes



### Strength Training

Instructor Judi Pullman

Monday 6:00 pm Apr. 1, 8, 15, 22, 29  
or Wed. 5:10 pm Apr. 3, 10, 17, 24

### Pilates

Instructor Tara Lester

Wednesday 6:15 pm Apr. 3, 10, 17, 24

### Stress Relief & Integrative Yoga

Instructor Patricia Orshan

New date!! Thurs. 5:45 pm Apr. 4, 11, 18, 25

EVENING EXERCISE CLASSES ARE  
8 WEEK SESSIONS @ \$10 PER 1 HOUR CLASS  
Open to the Public

### Quote of the Month

"Flowers are the music of the ground, from earth's lips spoken without a sound."

~Edwin Curran~

