



Family Caregivers Meeting Schedule

45 East Main Street, Oyster Bay, NY 11771 (2nd Floor Conference Room)

5:00 pm - 6:30 pm

February 11, 2019

February 25, 2019

March 11, 2019

March 25, 2019



THE LIFE ENRICHMENT CENTER AT OYSTER BAY

Social Services Available at our Center

The Life Enrichment Center provides the community important social services which include:

- Geriatric assessment, needs assessment, advocacy, benefit and entitlements screening and applications, (i.e. Medicare, EPIC, Medicaid, SNAP/Food Stamps, HEAP, Enhanced Star Exemptions, and others).
- Support and Guidance when a higher-level of care is needed. A full range of information resources are offered.
- Telephone reassurance and friendly visitor programs for the homebound as well as Seniors in skilled nursing or residential care facilities
- Information and referrals for Senior Services

Our Social Services Department is here for you.

Please call Beth Spickler-Lerman (516) 922-1770 ext. 305 for assistance.

Beth@lifeenrichmentcenteroysterbay.org

Volunteer

For Volunteer Opportunities at Day Break or The Life Enrichment Center, please call the office at The Life Enrichment Center 516-922-1770

You'll enrich your life and the lives of others!

www.lifeenrichmentcenteroysterbay.org



Like us on Facebook

Facebook.com/lifeenrichmentcenteroysterbay



THE LIFE ENRICHMENT CENTER AT OYSTER BAY

45 E. MAIN STREET • OYSTER BAY, NY • 11771

Phone: 516-922-1770 • www.lifeenrichmentcenteroysterbay.org



February 2019

Dear Friends and Family,

We would like to welcome our new participants to the program we love having new faces!

We continue to have fun filled days at Day Break through the cold weather but, we sure do miss the warm weather! This month we look forward to some new winter recipes to share with each other.

As always if you know of a senior who would benefit from our program, please tell them about us. We are always ready to welcome new members to our group.

Sincerely,

Bridget DeSimone

Hearts colored red on display.
 Telling us February brings with it
 Valentine's Day .
 Roses of red white and yellow ,
 Makes us remember our favorite fellow.
 Chocolates and Kisses we all adore,
 Never enough so we ask for more.
 Take your wife or your love
 for a special dinner,
 Being romantic is always a winner.
 Start with chocolate, flowers and wine,
 If you do it correct all will be fine.
 Romance in the air far and near.
 Caring and sharing will always endear.
 Music and candle light set the stage
 Valentine's is special for any age.
 Candles are flowing,
 champagne is flowing,
 Everyone is knowing
 it's Valentine's Day.

Written by

Day Break Participants

Day Break Program
(516) 558-7211



February 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Black History Month Baking with Bridget Teamwork Crossword Farkle! Trivia
4 Baking with Bridget! High Low Farkle! Super Bowl Highlights Finishing Lines	5 Chinese New Year Traditions Bunco! Afternoon Stretch Jeopardy!	6 Words with Friends Exercise with Betty Jo! Day Break Writing Class Afternoon Boggle	7 National Send a Card to a Friend Day Music with Theresa 10:30 Afternoon Crosswords Shut the Box	8 Word Scramblers Visit from Oyster Bay Pre School 11am Sit and Be Fit UNO! Left Center Right
11 National Jell-O Week Rebus Puzzles Home Made Jello-O Parfaits Valentines Day Decoration Making	12 Baking with Bridget! Farkle! Sing Along with Joan High Low Shut the Box	13 Day Break Crossword Bunco! Jeopardy! DIY Valentine's Day Cards	14 Rebus Puzzles Baking Valentines Day Treats Exercise with Bridget Valentine's Day Social	15 Word Jumbles Rhyme Time Help Thy Neighbor Shut the Box Trivia Tournament
18 Center Closed Happy Presidents Day!	19 Morning Crosswords Sit and Be Fit President's Day Trivia Straight Away Finishing Lines	20 Exercise with Betty Jo! Farkle! High Low Day Break Writing Class	21 Baking with Bridget Bunco! Jeopardy! Shake Loose a Memory Coloring Workshop	22 National Margarita Day! UNO! Afternoon Mocktails Left Center Right Afternoon Stretch
25 Crosswords Bunco! Afternoon Stretch Jeopardy! Craft Corner	26 Blue Jeans Tuesday Levi Strauss' Birthday Move and Groove to the Oldies Coloring Workshop	27 Landscape Artwork Exercise Class Afternoon Boggle Shake Loose a Memory	28 Rebus Puzzles High Low Farkle! Arts and Crafts Finishing Lines	



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Crab Cake with dill sauce, herb roasted potatoes, peas & on- ion, wheat bread and dessert
4 Manicotti with Pomodoro sauce, spin- ach, juice, garlic bread and dessert or Tuna salad on wheat	5 Turkey Meatloaf with gravy, mashed potatoes, peas, roll and dessert	6 Chicken Quesadilla on flour tortilla with salsa & sour cream, Tomato Tortilla soup, mixed veggies and dessert	7 <u>Chinese New Year</u> Pork Spare Ribs with duck sauce, roast pork fried rice, Chinese style vegetables, egg roll and dessert	8 Salmon Cake with horseradish sauce, vegetables cous cous, carrots, juice, wheat bread and dessert or Roast Beef on wheat
11 Penne Ala Vodka, Vegetable soup, juice, garlic bread and des- sert or Tuna salad on wheat	12 Beef Burgundy with mushrooms, brown rice, mixed vegetables, juice, wheat bread and des- sert	13 <u>Brunch Day</u> Crustless Broccoli and Cheddar Quiche, baked potato, field green salad, hash brown, English muffin and yogurt parfait No lunch today Brunch served at 11am	14 <u>Valentines Celebra- tion & LECOB'S Anniver- sary</u> Lemon Roasted Chicken, roasted potatoes, Brus- sels sprouts, roll and dessert	15 Grilled Cheese Sandwich on wheat bread, Tomato soup, zucchini and dessert or Tuna salad on wheat
18 Center Closed Holiday	19 Chicken Cutlet with fruit chutney, mashed cauliflower, quinoa with vegeta- bles, roll and dessert or Tuna salad on wheat	20 Chicken Souvlaki with Tziki sauce on pita bread, stuffed grape leaf, juice and dessert	21 <u>Black History Month</u> Southern Style Fried Chicken, grits, collard greens, juice, biscuit and dessert No cold lunch today	22 <u>Birthday Day</u> Personal Pizza, Asian style soup, juice and birthday cake for des- sert
25 Baked Ziti with spinach, Lentil soup, juice, garlic bread and dessert or Tuna Salad on wheat	26 BBQ Boneless Chicken Thighs, cole- slaw, spinach, corn bread and dessert or Egg Salad on wheat	27 <u>Virtual Trip to Mis- souri</u> Chicken & Waffles with syrup, creamed corn, juice and dessert	28 Salisbury Steak with gravy, baked potato, Italian vegetable blend, roll and dessert or Tuna salad on wheat	