

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 (see insert page for date)

*Thank You
to all of our Volunteers*

We couldn't do it without you!

*We greatly appreciate your hard work
and dedication to our Center!*



**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

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Like us on Facebook
[Facebook.com/lifeenrichmentcenteroysterbay](https://www.facebook.com/lifeenrichmentcenteroysterbay)

March 2019

Dear Members and Friends of the Center,

I want to express my heartfelt gratitude to all who donated to our winter appeal. We raised \$ 18,558! Individual contributions are an important source of funding for the Center. For many of our members and friends, it doesn't stop there. They contribute all year long through organizing and participating in the many events we host. This Spring's events are guaranteed to be great fun while raising vital funds:

Pancake Breakfast – Sunday, March 24th 8:30 - 12:30. Chef Anthony will be cooking up eggs, bacon, sausage and more. Adults \$12. Kids 10 and under \$5.

Reverse Raffle – Drawing Wed. May 1st. Tickets are on sale now. Purchase a ticket for \$50 and have a chance to win up to \$3,000! The ticket price includes dinner on the night of the drawing. 200 tickets will be pulled, with 7 people receiving cash prizes of \$100-\$150 – the last ticket drawn will be the big winner. Last year's attendees had such a good time they requested we do it again. Be ready for lots of laughs!

Book and Bake Sale – Thurs. and Fri. May 23rd and 24th. Cookies, cakes, books and more. An assortment of home baked (with love) goods. Bring home a good book and fresh baked cookies, and cuddle into a comfortable armchair. Life is good!

"Studio 45" Disco Dance Party – Fri. May 31st 7:00 - 10:00pm. Get down and boogie! DJ, dancing and dinner. Costumes encouraged – break out the wide bell-bottoms or your best Saturday Night Fever attire. Tickets are \$50 for LECOB members, and \$65 for non-members (\$75 after May 17th).

Please join us for our Spring events. You'll be supporting a cause near and dear to our hearts: our Center!

Judy Palumbo, Executive Director

PS - Many thanks to the members who contributed to our Chinese New Year celebration. They provided fried rice, almond cookies, crackers and candy for all at the Center. We celebrated the Year of the Pig, which represents good health and wealth. "Red pockets", beautifully decorated red envelopes with a gift inside, were generously given to all with wishes of Good Luck and Good Health for the New Year. Thanks to Theo Koh, Rosalind Ha, Cajus Lee, Shao Xian Yu, Henry and Mei Shih, Linda Lau, Lakana Noipreecha and especially Chang Yee Nin (Nancy). *Please see photo on next page.*



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 Mardi Gras Celebration

on Tuesday 3-5-19 at 12 noon

Lunch :

Louisiana Style Ribs, hush puppies, Red chard with caramelized onions , corn bread & King's cake



Highlighted Fitness Class of the Month

Chair Yoga



On two Thursdays a month at 11:30am

3-7-19 and 3-21-19

Learn calming & stress relieving techniques while sitting in a chair from a professional yoga instructor.

The Life Enrichment Center at Oyster Bay
45 East Main Street
Oyster Bay, NY 11771



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Happy March Birthday



Dear March 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 March 22, 2019 starting at 11:30am. Please call the Program Office at 922-1770 to make lunch your reservation by 3-20-19. We look forward to celebrating with you.

Sincerely,
The Life Enrichment Center Staff

Travel with us on our Virtual Trip to:

Maine

on Wednesday 3-27-19 at 11:30am followed by traditional New England style Lunch

Fun & Interesting Facts about the state

Menu: Beer Battered Cod fish, Corn Chowder, Poutine, buttermilk biscuit and blueberry pie for dessert



Defensive Driving Course

with Empire Driving Safety Council on Monday 4-8-19 and Tuesday 4-9-19 starting at 5:45pm

Please call the Program Office at 526-922-1770 for details and to register (17 people needed for this course)

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

All 20% OFF Ticketed Price Sale

Crocheted & Knitted Items

Baby sets & blankets
Scarves & Hats
Kid's ponchos

Crafted Items

Painted Tee Shirts
Decorated totes

Makes thoughtful gifts

~All proceeds benefit the Life Enrichment Center~

Chinese New Year Celebration lunch



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

Brain Game (questions on insert page)

A.1 - Seattle A. 2 - The Chihuahua A.3 - Babe Ruth's A.4 - Switzerland A.5- The foot A.6 - Paul Revere
A.7 - Walter Winchell A.8 - Six

Quote of the Month

"Springtime is the land awakening. The March winds are the morning yawn."
~Lewis Grizzard~

(Reminder to Spring Forward on Sunday 3-10-19 - Daylight Saving Time Begins)

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 on two Thursdays a month 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.



Silver Threads Thrift Shop

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

End of Winter Sale

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



Evening Exercise Classes

Strength Training

Instructor Judi Pullman

Monday 6:00 pm Mar. 4, 11, 18, 25
or Wed. 5:10 pm Mar. 6, 13, 20, 27

Pilates

Instructor Tara Lester

Wednesday 6:15 pm Mar. 6, 13, 20, 27

Stress Relief & Integrative Yoga

Instructor Patricia Orshan

New date!! Thurs. 5:45 pm Mar. 7, 14, 21, 28

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

