



Family Caregivers Meeting Schedule

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

5:00 p.m. - 6:30 p.m

9/11/17- "Coping with New Challenges" Group Discussion

9/25/17— "Recapturing Self while in Care giving role"

Group Discussion

Daytime Support Group

August 9, 2017

1:30—2:30 with Dawn Hagen in Conference Room



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



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THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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

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



September 2017

Dear Friends,

Even though September is the ninth month of the year, I always think of it as new and exciting. I imagine it is because of all the years we began school in September. There was so much anticipation of making new friends and sharing new experiences. Isn't it wonderful that we can still look forward to making new friends and sharing new experiences?

This month we look forward to having our Nursery School friends visit and began a year long relationship with some very delightful four year olds. This is always a highlight for both the seniors and the children.

On Wednesday the 27th we are being treated to an afternoon of Music with Theresa Morale. Theresa is a Music Therapist who will have our group singing, dancing and showing off their musical abilities. If any of our family members wish to join in the fun, they are more than welcome.

Our Caregiver Support Group meets this month on September 11th and the 25th. It is a wonderful opportunity to share your concerns with members who understand what you are experiencing. If you have any questions, please give me a call.

With Warm Regards,

Ruth

Ruth Humphreys

Program Coordinator

Day Break Program

(516) 558-7211



September 2017 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Morning Jumble Guggenheim Puzzle Uno Volleyball Family Feud
Center is Closed Holiday	5 AM Jumble Arthritis Exercise With Eden Farkle for Fun Cheesecake Treat!!	6 Boggle Move to the Music With Betty Jo Bunco Competition Trivial Pursuit	7 Brain Games Target Toss For Fitness Scattergories Team Competition	8 Move a Letter Loose as a Goose With Lee Jay Pokeno Ice Cream Treat
11 News & Nosh Welcome Stephanie Help Thy Neighbor Card Game Shake Loose A Memory	12 Word Hub Exercise and Sing With Eden Joan Coester Plays Roy and Joan Sing with Us	13 Pictures Tell A Story Groups Create Our Stories to Share "Story time"	14 Word Ladder Loose as a Goose with Lee Jay Cards or Crafts You Choose	15 Morning Jumble Bowling for Laughs & Exercise Fact or Not? Jeopardy Dice Slot Game
18 All About our Constitution Visit from our Nursery School Friends Leaf Art Creations	19 Move a Letter Arthritis Exercise With Eden Let's be Creative With Judy	20 Boggle Blast Move to the Music With Betty Jo Bingo for Prizes	21 Rosh Hashanah History & Traditions Help Thy Neighbor Apple Trivia Taste & Vote For Favorites	22 First Day of Autumn Leaves & Trees Quiz Who Wants to be A Millionaire Headbanz
25 AM Jumble Farkle for Fun Shuffleboard Name that Tune Sing a Long	26 Word Ladder Strength Exercises With Eden Hi Lo Trivia Pictionary	27 Three of the Same Game Balloon Volleyball An Afternoon Delight Music by Theresa	28 Word Hub Getting to Know You!! Fun Facts about Us Harvest Time Quiz Potato Art	29 National Coffee Day! Coffee Trivia Facts & History Coffee Klatch Extraordinaire



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Herb Roasted Tilapia, baked fries, string beans, roll and dessert or Roast Turkey on
4 Center Closed Holiday	5 Turkey Meatloaf w/ gravy, mashed potatoes, mixed vegetables, biscuit and dessert	6 Pork Chops with Demi-glace, wild rice blend, broccoli, juice, roll and dessert or Egg salad on wheat	7 Breaded Chicken Cutlet with fruit chutney, mac & cheese, Brussels sprouts, juice, corn bread and dessert or Roast Beef on wheat	8 Personal Pizza, Seafood chowder, tossed salad, juice, crackers and dessert or Roast Turkey on wheat
11 Baked Ziti, tossed salad, broccoli rabe, Italian bread and dessert or Tuna salad on wheat	12 Turkey Meatloaf w/ gravy, mashed potatoes, mixed vegetables, biscuit and dessert or Egg salad on wheat	13 Chicken Parmigiano Hero, tossed salad, string beans and dessert or Roast Turkey on	14 Breaded Pork Chop with apple sauce, mac & cheese, carrots, juice, wheat bread and donut in honor of Nat'l cream filled donut day or Tuna salad on wheat	15 <u>Home Coming</u> Chicken Francaise, roasted potatoes, asparagus, roll and cake for dessert <u>No cold lunch today</u>
18 Cheese Raviolis with Pomodoro sauce, tossed salad w/ chic peas, escarole, garlic bread and dessert or Tuna salad on wheat	19 Herb Roasted Chicken, rice pilaf, spinach, juice, wheat bread and dessert or Roast Turkey on	20 <u>Virtual Trip to Texas</u> BBQ Pulled Pork on roll, sweet potato fries, coleslaw, and white Texas sheet cake for dessert <u>No cold lunch today</u>	21 Apricot & Grainy Mustard Chicken, roasted potatoes, carrot tzimmes, sweet roll, and dessert <u>No cold lunch today</u>	22 <u>Birthday Day</u> Beer Battered Fish with tartar sauce, baked fries, tomato salad, biscuit and birthday cake for dessert <u>No cold lunch</u>
25 Rigatoni with Bolognese sauce, Antipasto salad, Italian blend veggies, garlic bread and dessert or Tuna salad on wheat	26 Chicken Cacciatore, rice pilaf, broccoli, juice, wheat bread and dessert or Roast Beef on wheat	27 Beef Stroganoff over noodles, peas & carrots, juice, roll and dessert or Tuna salad on	28 BBQ Chicken, coleslaw, corn, biscuit and dessert or Egg salad on wheat	29 Herb Roasted Tilapia, baked fries, creamed spinach, roll and dessert or Roast Turkey on