

MONTALTO PHYSICAL THERAPY

Joseph Montalto, PT, MSPT, OCS
Specializing in Orthopedic Manual Therapy



Tel 516.624.6739

123 South Street
Suite 110
Oyster Bay, NY 11771

montaltopt@gmail.com



Jennifer Barrett, *Community Relations Director*

94 School Street Ph: 516.674.3007
Glen Cove, NY 11542 F: 516.674.4144
jen@theregencyatglen Cove.com

www.TheRegencyAtGlenCove.com



BAYADA®

Home Health Care

Compassion. Excellence. Reliability.

Care you and your family deserve,
in the comfort of home.

(888) 995-0788
www.bayada.com

Advertise your local business in our newsletter. We have a large membership that receives it monthly by mail. Your business can benefit while supporting our center by placing an ad.

Corporate Ad - Pricing

12 month ad in 2"x 4" size = \$300

6 month ad in 2" x 3" size = \$150

3 month ad in 2"x 2" size = \$75

1 month ad in 1.5" x 2" size = \$35

KINGSLEY & KINGSLEY, ESQS.

LAW OFFICES SPECIALIZING IN ESTATES, TRUSTS, WILLS & ELDER LAW
JOAN S. KINGSLEY HAROLD M. KINGSLEY

91 W. CHERRY STREET • HICKSVILLE, NY • 11801
(516) 931-0064
Email: jsk@kingsleyandkingsley.com

CLAMS

OYSTERS

FRANK M. FLOWER & SONS, INC.

P.O. BOX 88
OYSTER BAY, NEW YORK 11771-0088

LUDLAM AVENUE
BAYVILLE, NY 11709
(516) 628-2077

BAYVIEW AVENUE
OYSTER BAY, NY 11771
(516) 922-4410

Wanted:

**Unwanted Firearms
Helmets, Bayonets, etc.**

Tom Kleeman
(Our Wed. bus driver)
Licensed Collector

(516) 671-3125
Cash Paid • Confidential



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 • Fax: 516-922-1788 • www.lifeenrichmentcenteroysterbay.org
Medical Transportation / Home Care Resource Book: 516-922-6422

March 2014

Come One, Come All! Members Meeting March 18, 2014

On March 18th, Members will be provided a glimpse behind the scenes at the Center through a presentation by the staff. Although you know the Center's staff well and enjoy the daily activities so lovingly provided, like most people in the community you may not understand the behind the scenes goings on faced by the staff and board.

Now that I've been here a full year, the staff and I agreed a General Member's Meeting was in order. You will be the first to view a new presentation created to share with community groups informing them what the Center offers both members and non-member seniors.

We will review 2013 in terms of what is required to be reported annually to the Federal Government and New York State by way of Nassau County. You will learn details behind the programs funded by the government and gain an understanding as to what we must report annually to maintain funding. Insight into planning and execution of services will also be revealed.

Staff will share news, successes and how the Center stands financially. Goals for 2014 will also be discussed and an explanation of what is on the horizon for services the Center offers will be shared. At a time when the fundraising becomes the topic of discussion on a daily basis, you will be brought into the fold so that you understand why it is necessary to consistently expand the fundraising initiatives. Most importantly, you will be invited to ask questions and share your thoughts on the changes you would like to see and how the Center can better serve your needs.

As we embark on a year of great funding concerns, it is critical that Members become ambassadors for the Center introducing us to civic organizations they know. This will be helpful as staff explore new revenue sources and seek to engage civic organizations in supporting the Center.

With eager anticipation for the coming of spring, we hope you will join us as we strive to make our Center a model for others to follow. We look forward to the Members and community gaining an insider's look at all that goes on behind the scenes to make our Center a complete resource for Seniors as well as a fun and inviting place to be!

Silvana LaFerlita Gullo, Executive Director

Mark Your Calendars with these Important Dates

- * 3-04 Social Service Update w/Liz on the Medicare Extra Help Program at 11am, and Mardi Gras Celebration at 11:45am, and Super Bingo at 1pm
- * 3-06 * Make Half Your Grains Whole Grains w/Kathy from Cornell Cooperative Extension at 11:15am (*Funded by N.C.O.A.)
- * 3-11 Facts About Social Security with Rodney & Daniel at 11am, and the new session for the Watercolors Class starts at 11am in the conference room
- * 3-09 Spring Forward - Reminder to turns your clocks forward one hour on Saturday evening
- * 3-12 Diabetes & Cholesterol Screening w/Sanford Brown Physicians Assistants Students at 10:30am, and Veterans Group w/Liz & Guest Speaker Dr. Mayer Bellehsen at 11am in the conference room
- * 3-13 St. Patrick's Day Celebration w/Luncheon & Entertainment by Tony Grant starts at 11am
- * 3-17 Safety for Seniors on Elevators & Escalators w/Patrick Carr with Special Irish Songs too at 11am
- * 3-18 General Membership Meeting w/ Silvana at 11am
- * 3-19 Movie Day w/refreshments at 10:30am, and Senior Advocate from Family & Children's Services from 11am-2pm, and Open Mic Night with Barbara & Ken from 7-9pm
- * 3-20 Turning 65 - What You Need to Know About Medicare w/George at 11am, and virtual Trip to Persia w/Lunch and Special Dance at 12pm,
- * 3-27 Speaker Dr. Horowitz from NSLIJ on the Facts About Arthritis at 11am, and New Dance Squad with Joanne at 1:15pm
- * 3-28 Salsa Night w/Dinner & Dancing w/Hosts Kathy & Steve Pagano from 6-9pm


A Warm Welcome to Spring on 3-20-14


BrightStar
 MAKING MORE POSSIBLE
 LIFECARE | KIDCARE | STAFFING

the
OYSTER BAY FRAME SHOP
 EST. 1980
 3 EAST MAIN ST. OYSTER BAY, NY 11771
 (516) 922-5332 info@oysterbayframe.com

VERITY VAN LINES
Moving & Storage Since 1912
 Michael A. Maffucci
 michael@verityvanlines.com
 www.verityvanlines.com
 3685 Merrick Road
 Seaford, NY 11783
516-785-7620
 Lindenhurst, NY 631-884-8385
 Palm Beach, FL 561-845-7753




Robert J. Gottlieb D.P.M.
 David Stewart D.P.M.
 188 West Main Street
 Oyster Bay, NY 11771
 Phone: (516) 922-0502
 Fax: (516) 922-0289

Brain Games
Answers:

- A.1 - Archie Moore
- A.2 - Ingrid Bergman
- A.3 - The Old Bailey
- A.4 - The dandelion's
- A.5 - Eddie Arcaro
- A.6 - The English Channel
- A.7 - The Eau de Cologne
- A.8 - The Sing-A-Long Gang
- A.9 - X
- A.10 A drone

A.11 - In a theater
(Trivia questions on other page)

Bonus Questions:

- B.1 - What nationality is a Breton?
- B.2 - What drink contains as many types of rum as possible?

Bonus Answers:

- B.2 - A zombie
- B.1 - French

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Stuffed Pasta Shells w/sauce, tossed salad, broccoli, garlic bread and dessert or Tuna salad on wheat	4 Mardi Gras Jambalaya w/ Chicken, collard greens, black eyed pea fritter, Creole corn bread and dessert No Cold Lunch Today	5 Eggplant Parmesan, tossed salad, Potato soup, Italian bread and dessert or Tuna salad on wheat	6 Salisbury Steak with gravy, mashed potatoes, peas & onions, biscuit and dessert or Turkey on wheat	7 Crab Cakes with dill sauce, roasted sweet potatoes, spinach, roll and dessert or Roast Beef on wheat
10 Spaghetti and Meatballs, tossed salad, Zucchini soup, garlic bread and dessert or Tuna salad on wheat	11 BBQ Chicken with baked beans, carrot salad, biscuit and dessert or Roast Beef on wheat	12 Beef Burgundy over brown rice, juice, broccoli, whole wheat bread and dessert or Chicken salad on wheat	13 St. Patrick's Party Corned Beef & Cabbage, boiled potatoes, carrots, Irish Soda Bread and Irish Bread pudding for dessert No Cold Lunch Today	14 Salmon Cakes with dill sauce, baked steak fries, Brussels sprouts, corn bread and dessert or Turkey on wheat
17 Spinach Lasagna, tossed salad, Vegetable soup, Italian bread and dessert or Tuna salad on wheat	18 Chicken Quesadilla on flour tortilla with salsa, rice & beans, Fiesta soup, spinach, and dessert or Roast Beef on wheat	19 Chicken Cutlet Parmesan on Hero bread, tossed salad, Minestrone soup and dessert or Tuna Salad on wheat	20 Virtual Trip to Persia Tas Kebab Stew, Flat-tough Salad, "Soupe Jo" Vegetable, juice, pita bread and Cake Yazdi No Cold Lunch Today	21 Personal Pizza, juice, Beef Barley soup, peas and carrots, crackers and dessert or Turkey on wheat
24 Baked Ziti with roasted eggplant, Spinach bean soup, tossed salad, roll and dessert or Turkey on wheat	25 Chicken Rissotto with mushrooms, asparagus, juice, whole wheat roll and dessert No Cold Lunch Today	26 Turkey Meat Loaf w/gravy, twice baked potato, peas & carrots, biscuit and dessert or Roast Beef on wheat	27 Boneless Pork Chops w/applesauce, string beans, roasted sweet potatoes, roll and dessert or Egg salad on wheat	28 Birthday Day Herb Roasted Tilapia, rice pilaf, carrots, juice, corn bread and Birthday cake No Cold Lunch Today
31 Manicotti with Meat sauce, Antipasto salad, Broccoli soup, garlic bread and dessert or Turkey on wheat	Make your reservation by 12 noon the day before	Please select either a Hot or Cold entrée when making your reservations	We are asking all of our members to come in and enjoy the delicious lunches prepared daily by our chef and kitchen staff. Thank you for helping us reach our goal for meals served for the year.	The suggested lunch donation is \$3 per meal

PLEASE NOTE: Menu is subject to change without notice and cannot be customized to order.

Eggs & Diabetic Dessert are available upon request.

RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!

Funded by: Nassau County Office for the Aging, NYS Office for the Aging, U.S. Administration on Aging, TOBAY, United Way of L I, Oyster Bay Community Foundation Services: Roundtrip Bus Transportation-Mon. thru Fri., Social Services Assistance & Resource Info; Food Shopping Assistance, Food Pantry, Clothing Shop, Café, Nurse Available Mon. through Fri.; Medical Transportation call 922-6422 for appt. & info.

Oyster Bay Travel Center



JAMES MARINO

53 AUDREY AVENUE
OYSTER BAY, NEW YORK 11771

BUSINESS: (516) 922-4700

FAX: (516) 922-4505

E-MAIL: JIM@OYSTERBAYTRAVEL.COM
WWW.OYSTERBAYTRAVEL.COM

Oyster Bay Funeral Home

Louis G. Pillari - Owner/Director
Family Owned and Operated

**"Proudly serving our community
with caring, personal service"**

261 South Street • Oyster Bay, NY • 11771

(516) 922-7442

www.oysterbayfuneralhome.com

(516)922-5525

Fax (516)922-4644

**Micco Fuel Co., Inc.
Fuel Oil & Oil Burner Service**

**55 Pine Hollow Road
Oyster Bay, NY 11771**



(631) 544-0462

www.utopiahomecare.com/kings-park.html

Main Street • Kings Park, NY • 11754

Brain Games Questions:

Q.1- What light-heavyweight boxer was known as *The Mongoose*?

Q.2 –Who played Ilsa Lund Laszlo in *Casablanca*?

Q.3 - What famed London criminal court was once a feudal castle?

Q.4 - What weed's name derives from the French for *tooth of the loin*?

Q.5 - Who was the first jockey to ride two Triple Crown winners?

Q.6 - What does the River Seine empty into?

Q.7 - What did Jean Marie Farina of Colonge, Germany invent in 1850?

Q.8 - What was the name of Mitch Miller's singers?

Q.9 - What letter begins the fewest words in the English language?

Q.10 - What non-working, stingless bee mates with the queen?

Q.11 - Where is it bad luck to say "Macbeth"?

(Answers on other page)

Thank you to all of the Corporate Sponsors
for supporting our Wellness Walk



Silver Threads Thrift Shop
Selling gently used lady's & men's clothing, shoes & accessories

Look for
our Spring
Collection

Open Monday through Friday
10am to 12pm & 12:45pm to 4:30 pm

All proceeds benefit
The Life Enrichment Center at Oyster Bay

All Thanks to our Volunteer Staff

The
Bristol
ASSISTED LIVING



Angela's Café

Open Monday thru Friday
from 9:30am -11:30am

Featuring homemade assorted
cakes, cookies, pastries, pies and
brownies by the slice with
complementary cup of coffee with
purchase.

(Volunteer Bakers needed to bake -
Contact Mary at 516-922-1770)

ANTON

COMMUNITY NEWSPAPERS

ASSISTED LIVING

Oyster
Bay
Manor



Harbor
House
*"Caring for the
Memory Impaired"*

150 South Street - Oyster Bay, NY 11771
Ph: 516.624.8400 Fax: 516.624.3865

The Food Pantry
located at the L.E.C.O.B.

Available every Wednesday and
Friday between 11am and 3pm

Helping seniors by providing
nonperishable food items

Now accepting donations of
food items such as:
cans of low sodium soups and
vegetables; cans of tuna fish; boxes of
dried pasta and rice; and low sugar
canned fruit and cereals; sugar free
food items for diabetic seniors

Our Wish List

- **Volunteers** — **Drivers** for medical transportation, **Bus Assistants** to help seniors, **Instructors** for our day and evening programs (Computer Instructor, Exercise, etc.), **Entertainers** for parties and special occasions, **Friendly Visitors** to visit at assisted living and nursing home facilities, **Activity Committee** members, **Hospitality Committee** members, **Café workers** needed Monday thru Friday from 9:30am until 11:30am, **Bakers** to bake for the Angela's Café, **Instructor** for Daytime Creative Writing Classes
- **Gift cards for Stop & Shop** to supplement our Food Pantry

We welcome suggestions — thanks for your support!

Senior To Senior Visiting Volunteer Program

We are in need of members who are willing to partner up with a local homebound senior. Are you willing to do a friendly visit to a homebound senior a few times a month? Would you be willing to provide some light assistance to a senior such as helping them make phone calls, organizing and sorting mail or running an errand or two? If the answer is "yes" then we would like to match you up with a local senior that NEEDS YOU!!!

Please see Liz Fiordalisi, the Social Service Coordinator for more details. Thank you.

HELP WANTED: VOLUNTEERS

Social Work Department

Clerical Assistance, Friendly Visitors and Friendly Callers

Silver Threads - Evening Shifts

Stock Help and Sales Assistant

After Hours Program

Professional Speakers for Lecture Series, Education Program Teachers (Arts, Crafts and Unique Program Instructors)

Executive Offices

Good writers for Public Relations Campaign
Administrative Assistance and Data Entry Assistance

Quote of the Month

*"The soul should always stand ajar.
Ready to welcome the ecstatic experience."*

~Emily Dickinson~

Trips & Tours

Trips with our Friends from Plainview - Old Bethpage Senior Club

Monday April 7, 2014 thru Friday April 11, 2014 - Trip to Woodloch Pines — Price per person per double occupancy is \$560 with \$100 deposit due at time of sign up — plus insurance available for an additional fee (If you are interested in this trip please call Rachael or Anita at (516)937-6424 for more information and reservations)

Tuesday April 29, 2014 and Wednesday April 30, 2014 - Trip to Lancaster PA and Show "Moses" at Sight & Sound Theater — Price per person per double occupancy is \$244 with \$100 deposit due at time of sign up — plus insurance available for an additional fee (If you are interested in this trip please call Rachael or Anita at (516)937-6424 for more information and reservations)

Trips with our Friends from Bayville Senior Club

Thursday April 10, 2014 - Trip to Mount Airy Lodge Casino - Coach bus departs from Bayville Senior Club at 9am (Price per person \$20 - includes current promotion of \$25 in free Slot play and \$10 food voucher - All payments are due at time of sign up with Judy Yannotti at 516-628-1832)

Thursday April 24, 2014 - Trip to Culinary Institute in Hyde Park, NY with Luncheon at Ristorante Caterina de Medici Plus a guided tour of Vanderbilt Mansion - Bus departs from Bayville at 8am (Price per person \$40 all inclusive and all payment due at time of sign up with Judy Yannotti at 516-628-1832)

Thursday May 15, 2014 - Trip to Longwood Gardens, PA with Lunch and Guided Tour - Coach bus departs from Bayville Senior Club at 8am (Price per person \$50 all inclusive and all payment due at time of sign up with Judy Yannotti at 516-628-1832)

Thursday June 12, 2014 - Trip to The Cloisters in Bronx, NY with guided tour and Luncheon at Emilia's Restaurant on Arthur Ave. Plus one hour for shopping at local shops on Arthur Ave. - Coach bus departs from Bayville Senior Club at 9:30am (Price per person \$55 - plus bring additional \$ for shopping - all payments due At time of sign up with Judy Yannotti at 516-628-1832)

Trips with Jim Marino at Oyster Bay Travel

Wednesday March 26, 2014 - Trip to Broadway Show "After Midnight" w/Dinner in NYC - Mini coach bus departs from LECOB at 11:30am for a 2pm show with orchestra seats followed by dinner at a NYC Restaurant (Price per person \$170 - Sign up in the Program Office with Nancy)

Trip with St. Gertrude's Church

Wednesday April 2, 2014 - Day Trip to Sight & Sound Theatre for Show "Moses" with Luncheon to follow at Miller's (Price per person \$110 for adults and for Teens (13 and older) only \$88 - Bus departs from St. Gertrude's parking lot at 6:30am and approximate return time in 8:30pm - Contact Angela at 516-671-4975 of 516-313-6631 for reservations and payment information)

STATE FARM
INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS



JOHN SPECCE

Agent

70 East Main Street
Oyster Bay, NY 11771

off.: 516.922.1060 fax: 516.922.9549

john.specce.bt8e@statefarm.com

SCHRODER & STROM, LLP
ATTORNEYS AT LAW

114 Old Country Road
Suite 218
Mineola, NY 11501
(516) 742-7430
Fax (516) 742-7433

EDWARD C. MOHLENHOFF
MEMBER OF NY BAR

ecm@nytaxreview.com
www.nytaxreview.com

TAG

The Tax Advisory Group, Inc.

Kenneth K. Dillenbeck, Jr. CPA, ChFC, CLU

168 Forest Ave. • Locust Valley, NY 11560
Tel: (516) 759-3900 Ext. 1017 • Fax: (516) 759-5786
Email: kencpa@diefendorfcapital.com

Valley National Bank®

Donald Lyons, Vice President
135 South Street, Oyster Bay, NY 11771
(516) 922-0200 • (516) 922-6401
Email: dyons@valleynationalbank.com

Advertise your local business in our newsletter. We have a large membership that receives it monthly by mail. Your business can benefit while supporting our center by placing an ad.

Corporate Ad Pricing

12 month ad in 2" x 4" size = \$300

6 month ad in 2" x 3" size = \$150

3 month ad in 2" x 2" size = \$75

1 month ad in 1.5" x 2" size = \$35

The L.E.C.O.B.'S

"Happy Hookers"

Creating Hand Crafted blankets, afghans, ponchos, plus hats, scarves and baby blanket sets

"Makes great gifts!"



Items located in the Silver Thread's Thrift Shop

All proceeds from sales of hand crafted items benefit The Life Enrichment Center.


March 2014

THE LIFE ENRICHMENT CENTER AT OYSTER BAY/ OYSTER BAY SCSC

45 EAST MAIN ST. OYSTER BAY, NY 11771 (516) 922-1770

www.lifeenrichmentcenteroysterbay.org

Visit our
Silver Threads Clothing Shop
Open Mon-Fri 10am-12pm & 12:30pm-4pm

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Aerobics Class w/ Terry 10:00 Blood Pressure Screening until 12:00pm 10:00 Yoga Class with Amy 10:30 Smart Investments in a Tough Economy 11:00 American Sign Language w/ Mill Neck Manor 11:00 Chair Exercises w/ Tape in the Fitness Room 1:00 Let's Play Poker in the main hall	9:00 Advanced Strength Training w/ Judi 10:00 Bible Study with Savilla 10:00 Blood Pressure Screening until 12:00pm 10:00 Fitness Center Workout w/ Physical Trainer Jeff 10:15 *Strength Training w/ Judi (*Funded by N.C.O.A.) 1:30 Line Dancing with Kathy	9:00 Walking Club 9:00 Aerobics Class w/ Terry 10:00 Tap Dancing Class with Terry 10:00 Blood Pressure Screening until 12:00pm 11:00 Yoga Class with Amy 12:45 New Style Tai Chi with Spencer G.	9:00 Tai Chi with Spencer G. 9:00 Advanced Strength Training w/ Judi 10:00 Blood Pressure Screening until 12:00pm 10:15 Strength Training w/ Judi 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics Class w/Terry 10:00 Bowling League at Syosset Lanes 10:00 Blood Pressure Screening until 12:00pm 10:00 Ballet Class with Terry 10:45 Senior Chat with Liz in the conference room 11:00 Yoga Class with Amy 1:15 Ballroom Dancing with Vladimir
3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
10:30 Smart Investments in a Tough Economy 11:00 <u>Friendly Visitor Meeting</u> with Liz 11:00 American Sign Language w/ Mill Neck Manor 11:00 Chair Exercises w/ Tape in the Fitness Room 1:00 Let's Play Poker in the main hall 1:30 <u>Friendly Visiting</u> to Day Break	10:00 Fitness Center Workout w/ Physical Trainer Jeff 11:00 <u>Social Service Update</u> with Liz on Medicare Extra Help Program 11:45 <u>Mardi Gras Celebration</u> 1:00 Super Bingo 1:30 Line Dancing with Kathy	9:00 Walking Club 12:45 Food Shopping Assistance Bus to Stop & Shop 12:45 New Style Tai Chi with Spencer G.	9:00 Tai Chi with Spencer G. 10:45 Dance-A-Ball with Carol in the main hall 11:15 * <u>Make Half your Grains Whole Grains</u> with Kathy from Cornell Cooperative (*Funded by N.C.O.A.) 1:00 Crochet & Knit w/The Happy Hookers 1:30 <u>Activities Meeting</u> with Mary	10:00 Bowling League at Syosset Lanes 10:00 Mah Jongg in the game room 10:45 <u>Senior Chat</u> with Liz in the conference room 11:30 Piano music by Joan Coester w/ sing along 12:45 Table Bingo 1:15 Ballroom Dancing with Vladimir
10	11	12	13	14
10:30 Smart Investments in a Tough Economy 10:30 <u>Hospitality Meeting</u> with Nancy 11:00 Chair Exercises w/ Tape in the Fitness Room 11:00 American Sign Language w/ Mill Neck Manor in the in main hall 1:00 Let's Play Poker in the main hall	10:00 Fitness Center Workout w/ Physical Trainer Jeff 11:00 <u>Watercolors Painting</u> w/Sharon in conference room 11:00 <u>Facts About Social Security</u> with Rodney & Daniel in the main hall 1:00 Tuesday Bingo 1:30 Line Dancing with Kathy	9:00 Walking Club 10:30 <u>Diabetes & Cholesterol Screening</u> with Sanford Brown Physician Assistant Students 11:00 <u>Veterans Group with Liz & Guest Speaker Dr. Mayer Bellehsen</u> in the conference room 12:45 Food Shopping Assistance Bus to Stop & Shop	<u>St. Patrick's Day Celebration</u> Irish Soda Bread Contest with prizes Followed by Luncheon and Entertainment by Tony Grant Plus Who's Wearing the most Green contest too (Ticket reservations required & donations requested)	10:00 Bowling League at Syosset Lanes 10:00 Mah Jongg in the game room 10:45 <u>Senior Chat</u> with Liz in the conference room 11:30 Piano music by Joan Coester w/ sing along 12:45 Table Bingo 1:15 Ballroom Dancing with Vladimir
17	18	19	20	21
10:30 Smart Investments in a Tough Economy 11:00 <u>Safety for Seniors on Elevators & Escalators</u> with Patrick Carr with Special Irish Songs 11:00 American Sign Language w/ Mill Neck Manor upstairs in the conference room 1:00 Let's Play Poker in the main hall 1:30 <u>Friendly Visiting</u> to Oyster Bay Manor	10:00 Fitness Center Workout w/ Physical Trainer Jeff 11:00 <u>General Membership Meeting</u> with Silvana in the main hall 11:50 Demonstration of the New Dance Squad w/Joanne 1:00 Tuesday Bingo 1:30 Line Dancing with Kathy	9:00 Walking Club 10:30 <u>Movie Day</u> with refreshments 11:00 <u>Senior Advocate from Family & Children's Services</u> until 2pm 12:45 Food Shopping Assistance Bus to Stop & Shop 12:45 New Style Tai Chi with Spencer G. 7:00 <u>Open Mic Night</u> with Barbara & Ken until 9pm	10:00 <u>Senior Advisory Board Meeting</u> 11:00 <u>Turning 65 - What You Need to Know About Medicare</u> with George 12:00 Authentic Persian Style Lunch 12:45 <u>Virtual Trip to Persia</u> with Fun Facts and Special Persian Dance A delicious Persian Style Lunch at 12 noon	10:00 Bowling League at Syosset Lanes 10:00 Mah Jongg in the game room 10:45 <u>Senior Chat</u> with Liz in the conference room 11:30 Piano music by Joan Coester w/ sing along 12:45 Table Bingo 1:15 Ballroom Dancing with Vladimir
24	25	26	27	28
10:30 Smart Investments in a Tough Economy 11:00 American Sign Language w/ Mill Neck Manor in the main hall 1:00 Let's Play Poker in the main hall	10:00 Fitness Center Workout w/ Physical Trainer Jeff 11:00 <u>Watercolors Painting</u> w/Sharon in conference room 11:00 Brain Games with Joanne in the main hall 1:00 Tuesday Bingo 1:30 Line Dancing with Kathy	9:00 Walking Club 11:30 <u>Bus departs for Trip to After Midnight</u> in NYC 12:45 Food Shopping Assistance Bus to Stop & Shop 12:45 New Style Tai Chi with Spencer G.	9:00 Tai Chi with Spencer G. 11:00 <u>Speaker Dr. Horowitz from NSLIJ on the Facts About Arthritis</u> in the main hall 1:00 Crochet & Knit w/The Happy Hookers 1:15 Dance Squad with Joanne	10:00 Bowling League at Syosset Lanes 10:00 Mah Jongg in the game room 10:45 <u>Senior Chat</u> with Liz in the conference room 11:30 Piano music by Joan Coester w/ sing along 12:45 <u>BirthDay Day</u> 1:00 Table Bingo 6:00 <u>Salsa Night with Dinner and Dancing</u> 
31				
10:30 Smart Investments in a Tough Economy 11:00 American Sign Language w/ Mill Neck Manor in the main hall 1:00 Let's Play Poker in the main hall	<u>Committee Meeting Schedule</u> 3-03 Friendly Visitors Meeting with Liz at 11am 3-06 Activities Meeting with Mary at 1:30pm 3-10 Hospitality Meeting with Nancy at 10:30am 3-20 S.A.B. Meeting at 10am	<u>Caregiver's Meeting Schedule</u> Caregivers' Discussion Group with Ruth & Liz Topic: Veterans Benefits w/ Guest Speaker Matthew Rufrano from O.B. Veterans Services Div. on Monday 3-10-14 from 5pm-6:30pm upstairs in the conference room (with refreshments)	<u>Caregiver's Meeting Schedule (continued)</u> Caregivers' Discussion Group with Ruth & Liz Topic: Elder Law & Estate Planning with Guest Speaker Brian Tully, JD on Monday 3-24-14 from 5pm-6:30pm upstairs in the conference room (with refreshments)	<u>A Big Warm Welcome To Spring</u> on Thursday 3-20-14 Congratulations to our Members Bob Colangelo, JoAnn Dobby and Anne Petrella. They were our Raffle Winners on 2-14-14.