

MONTALTO PHYSICAL THERAPY

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



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Medical Transportation / Home Care Resource Book: 516-922-6422

April 2014

Surviving the Storm and Smelling Like A Rose

With never-ending days of cold and ice these past few months, I can't remember a year when I awaited Spring more anxiously; yet somehow this Winter was especially lovely for me. I am happy to have celebrated my first anniversary at the Center having learned so many important things, even though my experiences during the year included moments of sadness along with the many joys. And just like the coming of Spring ... I am ready with open arms and anticipate another full year of wonderful experiences.

My personal life in 2013 was like a roller coaster as I became a caregiver to both my parents at the same time. Every phase of their challenges presented another hurdle for me to overcome and a series of lessons to learn. Joining the staff of the Center was a blessing. I was embraced by caring people who knew exactly how I felt and what I was going through. Their support allowed me to care for my parents, and eight months later when my dad passed away the Center became a tremendous resource for my family. Learning first-hand the obstacles, stress and difficulties of caring for aging parents motivates me to find ways to make things easier for others who will face a similar journey.

For many, our Center is a wonderfully social environment where Seniors come for a nutritious meal, friendly atmosphere, daily activities, and fitness and wellness programs. But it is also so much more. The Board and staff are fully committed to being an important resource for Members and for any family that needs help to care for their beloved senior.

Professionally, my personal experiences compel me to establish the Center as the agency that finds solutions for the gaps in services that exist for seniors and their families. Creating solutions for the challenges facing seniors in our community is a number one priority. A goal for 2014 is to become known as the organization that all seniors and their families can rely upon for comprehensive information, guidance and support. With our social services department open full-time, we will continue to improve Members' services, expand programs for homebound seniors, provide a direct connection to government and community agencies, and build a network of support for you throughout the community ... all while we continue to provide the wide variety of other wonderful activities our Center is so well known for!

Thank you for making a difficult year so full of special moments, joy, fun and fulfillment.

Silvana LaFerlita Gullo, Executive Director

Mark Your Calendars with these Important Dates

- * 4-01 Healing Foods to Eat Plus Exercise with Brandy at 11am and Visit from Honey & Michelle at 11:30 & Super Bingo at 1pm
- * 4-02 Trip to the Dollar Store in Glen Cove at 10:30am
- * 4-03 Presentation - Poetry for Spring by Glen Cove's Poet Laureate Victoria Crosby at 11am
- * 4-08 Passover Celebration with History of Passover with Rita at 11:15am followed by Traditional Passover Luncheon at noon and Nominations for Volunteer of the Year
- * 4-09 St. Francis Van with Cholesterol & Diabetes Screenings from 10am until 2pm and *Nutrition Lecture with Mindy Levine from N.C.O.A. at 11am (*Funded by N.C.O.A.) and Veterans Group with Liz and N.C. Clerk's Office Rep on the Veterans Recognition Program
- * 4-10 Lecture by Saheed Schoberu - Medical Student from SUNY Old Westbury on Dehydration & Signs of a Stroke at 11:15am
- * 4-15 Everyday Fitness w/Cathleen Mason at 10:45am and Medicaid Spend Down Program information at 12:30pm
- * 4-16 Brunch Day at 10:30am and Senior Advocate from Family & Children's Services from 11am-2pm plus Fresh Mozzarella Cheese demo with Anthony at 1pm and Open Mic Night at 7pm
- * 4-17 Easter Celebration with piano music by Joan Coester with sing-a-long and Hat Parade followed by Easter Luncheon at 12 noon
- * 4-22 Mitchell Rabbino's National Healthcare Decision Day with Bill Corbett at 11am
- * 4-24 *Make Better Beverage Choices with Kathy from Cornell Cooperative at 11:15am (*Funded by N.C.O.A.)
- * 4-29 Social Security Q & A with Rodney and Daniel at 11am
- * 4-30 Volunteer Recognition Day starts at 11:15am with Volunteer of the Year followed by Luncheon and Special Entertainment
- * 5-22 & 5-23 Memorial Day Bake & Book Sale - Bakers needed for our Bake Sale—sign up to bake in the Program Office



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Office Hours By Appointment

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Grand Re-opening

Silver Threads Thrift Shop
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*All proceeds benefit
 The Life Enrichment Center at Oyster Bay*

Thanks to our Volunteer Staff

Brain Games
Answers:

- A.1 - Venice
- A.2 - Woody Guthrie
- A.3 - Geoffrey Chaucer
- A.4 - One
- A.5 - Clay
- A.6 - Hawaii
- A.7 - Marilyn Monroe's
- A.8 - Craps
- A.9 - The fez
- A.10 A yo-yo

A.11 - Windsor Castle
 (Trivia questions on other page)

Bonus Questions:

B.1 - What song written by Mildred and Patty Hill is the most often sung?

B.2 - What fruit is used in the dye for government inspectors' meat stamps?

Bonus Answers:

- B.1 - Happy Birthday to You
- B.2 - The grape

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Make your reservation by 12 noon the day before The suggested lunch donation is \$3 per meal	1 Herb Roasted Chicken, mashed sweet potatoes, cauliflower, roll and dessert or Tuna salad on wheat	2 Salisbury Steak with gravy, mashed potatoes, peas & onions, biscuit and dessert or Chicken salad on wheat	3 Chicken Pot Pie with field green salad with walnuts, juice, flat bread and dessert or Turkey on wheat	4 Salmon Cakes with dill sauce, baked steak fries, broccoli soup, corn bread and dessert or Egg salad on wheat
7 Cheese Lasagna, tossed salad, Escarole bean soup, Italian bread and dessert or Turkey on wheat	8 <u>Passover Celebration</u> Beef Brisket with gravy, latkes with applesauce, glazed carrots, matzah and coconut macaroons <u>No Cold Lunch Today</u>	9 Beef Burgundy with mushrooms over brown rice, juice, carrots, rolls and dessert or Tuna salad on wheat	10 BBQ Boneless Chicken thighs with cole-slaw, corn, corn bread and dessert or Egg salad on wheat	11 Breaded Fish Fillet with tartar sauce, roasted sweet potatoes, wheat roll and dessert or Tuna salad on wheat
14 Baked Ziti with marinara sauce, Vegetable soup, juice, garlic bread and dessert or Turkey on wheat	15 Chicken Souvlaki on pita bread, Greek salad with stuffed grape leaf, carrots, and dessert or Tuna salad on wheat	16 <u>Brunch Day</u> Scrambled Eggs with Cheese and Spinach, home fries, orange juice, bagel w/cream cheese and dessert <u>No Cold Lunch Today</u>	17 <u>Easter Celebration</u> Stuffed Pork Loin with white wine demi-glace, roasted potatoes, asparagus, roll and dessert <u>No Cold Lunch Today</u>	18 Herb Roasted Fish Fillet, mashed sweet potatoes, mixed vegetables, biscuit and dessert or Roast Beef on wheat
21 Spinach Ravioli with Pomodoro sauce, tossed salad with chic peas, stuffed zucchini, garlic bread and dessert or Turkey on wheat	22 Baked Chicken Cutlet with fruit chutney, mac & cheese, carrots juice, roll and dessert or Egg salad on wheat	23 Meatball Parmesan on Hero, potato croquet, broccoli rabbi and dessert or Roast Beef on wheat	24 Chicken Quesadilla on flour tortilla with salsa, brown rice & beans, carrots, juice and dessert or Tuna salad on wheat	25 <u>Birthday Day</u> Personal Pizza with Vegetable soup, peas & carrots, juice, crackers and Birthday cake <u>No Cold Lunch Today</u>
28 Cavatelli w/tomato basil sauce & ricotta, Beef Barley soup, broccoli, Italian bread and dessert or Turkey on wheat	29 Beef Taco Salad with lettuce, tomato and salsa, rice & beans, juice, flour tortilla and dessert or Tuna salad on wheat	30 <u>Volunteer Recognition</u> Sliced London Broil with mushroom gravy, roasted potatoes, string beans almondine, roll and dessert <u>No Cold Lunch Today</u>	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.

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



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Brain Games Questions:

Q.1- Where does the Rialto Bridge span the Grand Canal?

Q.2 –Who wrote more than 1,000 songs, including *This Land is Your Land*?

Q.3 - Who wrote *The Canterbury Tales*?

Q.4 - How many humps does an African camel have?

Q.5 - What are the targets in skeet and trap shooting made of?

Q.6 - What's the only U.S. state name that ends with three vowels?

Q.7 - Whose figure did Walt Disney Studios use as a model for Tinkerbell?

Q.8 - What Las Vegas casino game gives the best odds?

Q.9 - What cap was the first made in and named for a Moroccan city?

Q.10 - What toy can you make sleep?

Q.11 - What's the largest inhabited castle?"

(Answers on other page)

Thank you to all of the Corporate Sponsors
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Selling gently used lady's & men's clothing, shoes & accessories

Now Open with
The Spring
Collection



Open Monday through Friday
10am to 12pm & 12:45pm to 2:00 pm

All proceeds benefit
The Life Enrichment Center at Oyster Bay

Thanks to our Volunteer Staff



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)

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
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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 Angela's Café and **Bakers** for our Memorial Day Bake & Book Sale on 5-22-14 & 5-23-14, **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

*"They are alive and well somewhere, the smallest
sprout shows there is really no death."*

~George Washington Carver~

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 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)

Trips with Jim Marino at Oyster Bay Travel

May 2014 - Trip to Broadway Show w/Dinner in NYC - Mini coach bus departs from LECOB at 11:30am for a 2pm show in orchestra seats followed by dinner at a NYC Restaurant (Price per person and show to be announced - 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 at 8:30pm - Contact Angela at 516-671-4975 or 516-313-6631 for reservations and payment information)

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April 2014

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Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Aerobics Class with 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 10:15 *Strength Training w/ Judi (*Funded by N.C.O.A.) 1:30 Line Dancing with Kathy	8:45 Walking Club with Mary 9:00 Aerobics Class with 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 with Judi 10:00 Blood Pressure Screening until 12:00pm 10:15 Strength Training with Judi 1:00 Crochet & Knit with The Happy Hookers	9:00 Aerobics Class with 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
Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
Committee Meeting Schedule 4-07 Friendly Visitors Meeting with Liz at 11am 4-10 Activities Meeting with Mary at 1:30pm 4-17 Hospitality Meeting with Nancy at 11:00am 4-24 S.A.B. Meeting at 10am	11:00 <u>Healing Foods to Eat - Plus Exercise</u> with Brandy 11:30 <u>Visit from Honey</u> (a certified service dog for emotional support) with owner Michelle 1:00 Super Bingo 1:30 Line Dancing with Kathy	8:45 Walking Club with Mary 10:30 <u>Trip to the Dollar Store</u> in Glen Cove 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>Presentation—Poetry for Spring</u> by Glen Cove's Poet Laureate Victoria Crosby 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
7	8	9	10	11
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 The Marquis	11:00 <u>Watercolors Painting</u> w/Sharon in conference room 11:15 <u>Passover Celebration - History of Passover</u> with Rita in the main hall followed by <u>Traditional Passover Luncheon at 12 noon</u> 12:30 <u>Nominations for Volunteer of the Year</u> 1:00 Tuesday Bingo	10:00 <u>St. Francis Van</u> with Cholesterol & Diabetes Screenings until 2pm 11:00 <u>*Nutrition Lecture w/Mindy Levine</u> of N.C.O.A. (*Funded by N.C.O.A.) 11:00 <u>Veterans Group with Liz & N.C. Clerk's Office Rep. on the Veterans' Recognition Program</u>	10:45 Dance-A-Ball with Carol in the main hall 11:15 <u>Lecture by Saheed Schoberu</u> , Medical Student from SUNY Old Westbury on <u>Dehydration & Recognizing the Sign of a Stroke & Risk Factors</u> 1:30 Activities Meeting 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 12:30 <u>Visit from N.S.A.L.</u> with Sharon & puppy 12:45 Table Bingo
14	15	16	17	18
10:30 Friendly Visitors make Baskets for Homebound Seniors with Liz in the main hall 11:00 <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 upstairs in the conference room 1:00 Let's Play Poker in the main hall	10:45 <u>Everyday Fitness</u> with Cathleen Mason in the main hall 12:30 <u>Medicaid Spend Down Program</u> 1:00 Tuesday Bingo 1:30 Line Dancing with Kathy 2:00 <u>Complimentary Foot Spa</u> with Joan from Arbonne	8:45 Walking Club with Mary 10:30 <u>Brunch Day</u> 11:00 <u>Senior Advocate from Family & Children's Services</u> until 2pm 12:00 Coloring eggs with Mary 1:00 <u>Fresh Mozzarella Cheese Demo</u> w/ Anthony 7:00 <u>Open Mic Night</u> with Barbara & Ken until 9pm	11:30 Piano music by Joan Coester w/ sing along ? 11:45 Hat Parade in the main hall 12:00 <u>Easter Celebration Luncheon</u>	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 1:15 Ballroom Dancing with Vladimir
21	22	23	24	25
10:30 Smart Investments in a Tough Economy 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 Christian Fellowship	11:00 <u>Watercolors Painting</u> w/Sharon in conference room 11:00 <u>Mitchell Rabbino's National Healthcare Decision Day</u> with Bill Corbett 1:00 Tuesday Bingo 1:30 Line Dancing with Kathy	8:45 Walking Club with Mary 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. 10:00 S.A.B. Meeting 10:45 Dance-A-Ball with Carol in the main hall 11:15 <u>*Make Better Beverage Choices</u> with Kathy from Cornell Cooperative (*Funded by N.C.O.A.) 1:00 Crochet & Knit w/The Happy Hookers	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
28	29	30		
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	11:00 <u>Social Security Q & A</u> with Rodney & Daniel in the main hall 1:00 Tuesday Bingo 1:30 Line Dancing with Kathy	<u>Volunteer Recognition Day</u> Starts at 11:15 with Volunteer of the Year Followed by Luncheon and Special Entertainment	<u>Caregiver's Meeting Schedule</u> Caregivers' Discussion Group with Ruth & Liz Topic: Coping with Stress and Resistance on Monday 4-7-14 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: Changing Expectations and Being Flexible on Monday 4-21-14 from 5pm-6:30pm upstairs in the conference room (with refreshments)

