



### Family Caregivers Meeting Schedule

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

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

11/8/18 - "Sharing Feelings and Accepting Help"

Group Discussion

11/22/18- "Methods to Cope with Stress Just for You:"

Group Discussion

Daytime Support Group

1/10/18 1:30-2:30 with Dawn Hagen in 2nd Floor 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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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



## December 2018

Dear Friends and Family,

We look forward celebrating holidays here with our Day Break Family with many Holiday carolers coming to visit as well as carry on some of our own family traditions through baked good and recipes.

We want to wish you all a peaceful and Happy Holiday Season, filled with love and merriment.

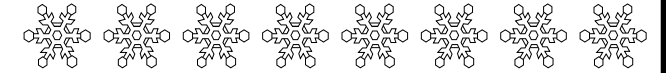
As always if you know of a senior who would benefit from our program, please tell them about us. We are always ready to welcome new members to our group.

With Warm Regards,

*Bridget DeSimone*

**Day Break Program**

**(516) 558-7211**



### Ode To the Holidays

As I look out the window,  
I see a bare tree and wonder  
How far away can Winter be?

The sky is so gray it makes me feel blue,  
The leaves have taken on a different hue.

Old Man Winter is on his way,  
Soon it will be New Years Day.

Families gather to have a feast,  
Relatives coming from West and East.

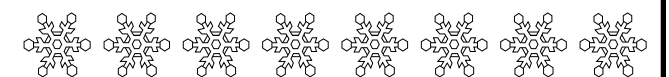
Leaves will be raked,  
Pies will be baked.  
Peach, and strawberry, apple too,  
And a special pecan for Uncle Lou.

More Holidays are on the way.  
In the parade, we see Santa's Sleigh.

People decorate their homes,  
Greeting cards arrive with cheery poems.

The weather is cold,  
But Love keeps us warm.  
Soon it will be Christmas Morn.

**-Written By Day Break Participants**





## December 2018 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>*Happy Hanukah!*</i> Holiday Baked Treats Bunco! Day Break Birthday Celebration Trivia Tournament	4 Words with Friends Dreidel Dreidel Dreidel Farkle! Dreidel Bowling Fact or Fiction	5 Word Scramblers <b>Move and Groove with Betty Jo</b> Jeopardy! Afternoon Boggle	6 Move a Letter Group Crosswords <b>Music Entertainment with Theresa 1pm</b> Three or More	7 Morning Stretch High Low Left Center Right Head Bands Christmas Light Craft
10 Morning Mind Joggers <b>Visit from OB</b> <b>Pre School 11am</b> Person Place or Thing Trivia Afternoon Crossword	11 Word Jumbles Sit and Be Fit <b>Joan Coester's Sing Along 1pm</b> Bunco!	12 Name 10! Art Class Crosswords Farkle! Jeopardy	13 Word Games Snowflake Craft Straight Away Who Wants to be a Millionaire	14 Sittercise <b>Visit from Santa!</b> Uno Story Time Coloring Corner
17 Baking with Bridget Left Center Right Balloon Volleyball Farkle! Jeopardy!	18 Word in a Word DIY Christmas Trees Trivia Christmas tree Bowling Bango	19 <b>*Wear a Funny Holiday Sweater*</b> Rebus Puzzles <b>Music Performance from ACDS 11am</b> Math time "Kaboom"	20 Holiday Traditions <b>Trinity Lutheran School Music Performance</b> Coloring Workshop Three or More	21 <i>*First Day of Winter *</i> Group Crosswords Baking Christmas Cookies Bunco! Help Thy Neighbor
24  Center Closed Christmas Eve	25  Center Closed Merry Christmas!	26 Word Games <b>Sit and Be Fit with Betty Jo</b> Bunco! High Low	27 In Other Words Three or More" Hot Potato Shake Loose a Memory Coloring Workshop	28 Word Jumbles New Years Survival Kits Farkle! DIY New Years Eve Decorations
31 <i>*New Years Eve*</i> This Years' Last Word Scramble Looking Back at 2018 Poetry Class Farkle! Ring in the New Year	1  Center Closed New Years Day			



## Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti & Meatballs with marinara sauce, Vegetable soup, juice, Italian bread and dessert  or Tuna Salad on wheat	4 Beef Burgundy over brown rice, mixed vegetables, juice, wheat bread and dessert	5 <u>Hanukkah Celebration</u> Roasted Chicken, potato latkes, Brussels sprouts,	6 Chinese Roast Pork, fried rice, stir fry vegetables, juice, egg roll and dessert  or Tuna salad on wheat	7 Crab Cake with dill sauce, roasted potatoes, broccoli, biscuit and dessert  or Turkey on wheat
10 Spinach Raviolis with Pomodoro sauce, tossed salad w/ chic peas, juice, garlic bread and dessert  or Tuna salad on wheat	11 Boneless BBQ Chicken Thigh, coleslaw, corn, biscuit and dessert	12 Grilled Cheese Sandwich on wheat bread, Tomato soup, juice and dessert  or Chicken salad on	13 Breaded Chicken Cutlet with fruit chutney, vegetable cous cous, broccoli, roll and dessert  or Turkey on wheat	14 <u>P.J. Party with Santa</u> Personal Pizza, tossed salad, juice, crackers and apple strudel for dessert
17 Stuffed Pasta Shells with Pomodoro sauce, tossed salad, juice, Italian bread and dessert  or Tuna salad on wheat	18 Cheese Burger on a bun with lettuce, tomato, pickle, baked beans, coleslaw and dessert	19 <u>Brunch Day</u> Scrambled Eggs with cheese, roasted potatoes, spinach salad, juice, pancake w/syrup and yogurt  <u>Brunch served at 11:45am</u>	20 <u>Christmas Celebration</u> Pot Roast with gravy, mashed potatoes, peas with onions, biscuit and cheese cake for dessert  <u>No cold lunch today</u>	21 <u>Birthday Day</u> Cheese Tortellini Ala Vodka, Italian blend veggies, juice, roll and birthday cake for dessert
24  Center Closed Holiday	25  Center Closed Holiday	26 Boneless BBQ Chicken Thigh, sweet potato fries, mixed vegetables, biscuits and dessert  or Tuna salad on wheat	27 Herb Roasted Tilapia, baked potato, creamed spinach, wheat bread and dessert	28 <u>New Year's Celebration</u> Fresh Ham with onion gravy, rice pilaf, string beans almandine, roll and occasion cake for dessert
31 Manicotti with marinara sauce, Escarole & Bean soup, juice, garlic bread and dessert  or Tuna salad on wheat				