



The Life Enrichment Center at Oyster Bay

45 East Main Street · Oyster Bay, NY 11771 516-922-1770

December 2018

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Aerobics with Terri 10:00 Let's Play Cards in the main hall 10:05 Yoga with Amy 11:00 American Sign Language 11:05 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey (No Journaling on 12-18-18) 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga Class with Mary Lou 12:45 Tai Chi Work Out with Spencer G. <i>-Food Pantry open every Wed. & Fri. From 11am until 3pm-</i>	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 10:15 Strength Training with Judi 10:15 *Dance-A-Chair with Carol (*Funded by NCOFA) 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet w/Terri 10:00 Mah Jongg 1:00 Ballroom Dancing with Vladimir on 12-7-18 & 12-14-18 <i>-Food Pantry open every Wed. & Fri. From 11am until 3pm-</i>
3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
10:45 Activity Hour with Jennifer, Social Work Intern 1:00 Help decorate the Center for the Holidays 1:15 Friendly Visiting to Oyster Bay Manor 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 1:00 Super Bingo 11:15 Living with Pain Part 2 - Chronic Pain with Physical Therapist Daniel Davids 2:30 Help set up the main hall for Hanukkah Celebration	11:30 Hanukkah Celebration with Traditions of Hanukkah with Beth Spickler Lerman followed by a Delicious Lunch at 12 noon 1:00 Bus takes members to Stop & Shop	11:15 Learn About Hearing Loss with Audiologist Diana 11:30 Chair Yoga w/Mary Lou 12:45 Craft Group with Sue 1:00 Meditation with Brad 1:30 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo 1:00 Ballroom Dancing with Vladimir
10	11	12	13	14
10:00 Help make & deliver Holiday Fruit Baskets for Homebound members 10:45 Activity Hour with Jennifer, Social Work Intern 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:30 Watercolor Group in conference room 11:15 Information on Long Tern Care Insurance from Interga & Sara Home Care - plus cupcake decorating 1:00 Tuesday Bingo	8:00 Bus departs for Trip to Radio City 10:30 Women of the Ages 11:30 Social Service Update with Beth 12:45 Bus takes members to Stop & Shop 1:30 Daytime Caregivers Support Group	10:00 S.A.C. Meeting 11:00 Grumpy Old Men 11:15 *Enjoy Your Food w/Robin of Cornell Cooperative (*Funded by NCOFA) 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:00 Jewelry Making with Lee Ann	10:30 Pajama Party with Santa 11:30 Piano music by Joan w/sing along 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo 2:30 Help set up main hall for the Sugar & Spice Holiday Cookie Sale Sorry - No Senior Chat Today
17	18	19	20	21
10:00 Sugar & Spice Holiday Cookie Sale until 4pm in the main hall 1:15 Friendly Visiting to Daybreak 5:00 Caregiver's Discussion Group w/Ruth	10:00 Sugar & Spice Holiday Cookie Sale until 4pm in the main hall 10:30 Musical Performance w/Vernon Chorus 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken - Holiday Sing Along & Gathering - Bring refreshments, appetizers and desserts	11:10 East Woods School Choir Performs 11:45 Brunch will be served - No Lunch Today 12:45 Bus takes members to Stop & Shop 1:00 Help set up the main hall for Christmas Celebration	11:45 Christmas Celebration with a Delicious Lunch followed by Entertainment-Christmas Spectacular Performance by Terri's Tappers & Ballet Dancers (Ticket reservations required-donations requested)	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Table Bingo
24	25	26	27	28
Center Closed Holiday	Center Closed Holiday	10:30 Women of the Ages 11:45 Learn about Kwanzaa—Boxing Day 12:45 Bus takes members to Stop & Shop 1:00 Help set up for the Holiday Gift Shoppe in the lobby and front porch	11:00 Grumpy Old Men 1:00 Meditation with Brad 1:00 Help set up the main hall for New Year's Celebration	11:45 New Year's Celebration with Lunch and Special Entertainment by Louis Del Prete (Ticket reservations required-donations requested) Sorry - No Senior Chat Today
31	<u>Committee Meeting Schedule</u> 12-06 Activities Meeting at 1:30pm 12-13 S.A.C. Meeting at 10:00am 12-17 Hospitality Meeting at 10:30am	<u>Caregiver's Support Group</u> with Ruth from 5:00pm-6:30pm on Monday 12-03-18 & 12-17-18	<u>Daytime Caregivers Support Group</u> with Dawn from 1:30pm-2:30pm on Wednesday 12-12-18	<u>Attention:</u> There will be No Fitness Classes starting Friday 12-21-18 until Wed 1-2-19



December 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 or Egg Salad on wheat	5 <u>Hanukkah Celebration</u> Roasted Chicken, potato latkes, Brussels sprouts, sweet roll and jelly donuts for dessert <u>No cold lunch today</u>	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 or Egg Salad on wheat	12 Grilled Cheese Sandwich on wheat bread, Tomato soup, juice and dessert or Chicken salad on wheat	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 <u>No cold lunch today</u>
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 or Egg Salad on wheat	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> <u>No Lunch Today</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 <u>No cold lunch today</u>
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 or Turkey on wheat	28 <u>New Year's Celebration</u> Fresh Ham with onion gravy, rice pilaf, string beans almandine, roll and occasion cake for dessert <u>No cold lunch today</u>
31 Manicotti with marinara sauce, Escarole & Bean soup, juice, garlic bread and dessert or Tuna salad 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 & kitchen staff	

PLEASE NOTE: Menu is subject to change without notice and cannot be customized to order.
RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!
No person will be denied a service because of inability to contribute.

Dear Members,

Thank you for sharing another wonderful year with us at The Life Enrichment Center. Together we cared for, supported and inspired one another. We look forward to the coming New Year to seek out new friends and face new challenges together as one big extended family.

Wishing you all a truly Happy & Healthy New Year!

Sincerely,
The LECOB Staff

Brain Games
Questions:

Q.1 - What's a *Cape Cod* turkey to a fisherman?

Q.2 - How much was the secret word worth on Groucho Marx's *You Bet Your Life*?

Q.3 - What river flows past the Temple of Karnak?

Q.4 - What Irish city is renowned for its crystal?

Q.5 - What city boasts the only royal palace in the U.S.?

Q.6 - What actress debuted in the 1938 film *Intermezzo*?

Q.7 - What writing instrument did Hungarian brothers Laszlo and George Biro invent in 1938?

Q.8 - What's 550 times sweeter than cane sugar?

(Answers on newsletter center page)