



Family Caregivers Meeting Schedule

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

5:00 pm - 6:30 pm

January 7, 2019

January 28, 2019

February 11, 2019

February 25, 2019



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](https://www.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



January 2019

Dear Friends and Family,

We at Day Break would like to wish you all a Happy and Healthy New Year. 2019 is sure to be a good year. We look forward to all that it has to bring.

With the new year also comes the dreaded cold and snowy weather. Please note that we follow the Oyster Bay-East Norwich School District with closures due to snow. Because our population is different, we have to consider taking extra safety measures to ensure that your loved ones get to and from Day Break safely. It would be best, when our area is forecasted for snow and/or ice that you plan alternate transportation for your loved one if they regularly take the bus, as well as, be prepared on such days for either late start or early end to program if needed. You will be contacted by Day Break Staff if any changes will be made on days forecasted for snow.

We love having new participants join us, 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.

Sincerely,

Bridget DeSimone

Day Break Program
(516) 558-7211



January 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Center Closed Happy New Year!	2 Rebus Puzzles Exercise with Betty Jo! Farkle! Teamwork Trivia	3 Word Scrambles Daybreak Crosswords Bunco! Jeopardy! Coloring Corner	4 Word in a Word Pokeno! Music With Theresa Morale 1pm 2018 Memoirs
7 Word Jumbles Morning Crosswords High Low! Friendly Visitors 1:15 Craft Corner	8 Happy Birthday Elvis! Elvis Crossword Sing Along with Joan Coester Elvis Trivia Tournament	9 Word Scramblers Bingo! Shut the box! Coloring Workshop Trivia	10 Move a Letter Goodie Bag Making Jeopardy Farkle! Afternoon Stretching	11 Morning Word Games Visit from Oyster Bay Pre School 11am Bunco! Afternoon Boggle
14 Rhyme Time Shut the Box! Day Break Birthday Party Afternoon Stretch	15 Word Scramblers Sit and Be Fit Crosswords Bango Coloring Workshop	16 Word Games Exercise with Betty Jo Help thy Neighbor Bunco! Trivia Tournament Shake Loose a Memory	17 High Low Move and Groove Crafting with Bridget Jeopardy! Pokeno	18 Mind Joggers Day Break Crosswords Farkle! Afternoon Bingo!
21 Center Closed Martin Luther King Jr. Birthday	22 Words with Friends Baking with Bridget Artwork Trivia Games Bunco!	23 Morning Boggle Bango! Day Break Story Telling Headbands Jeopardy!	25 Word Jumbles Art Expressions Shut the Box! Farkle! Musical Bingo	26 Coffee Chat Daybreak Storytelling Pokeno Afternoon Boggle Trivia
28 Morning Word Games Bunco! Birthday Celebration! Afternoon Boggle	29 Words with Friends Farkle! Afternoon Tea Party Jeopardy!	30 Word Jumbles Rhyme Time Straight Away Craft Corner Sing Along	31 Teamwork Crosswords Sit and Be Fit Help Thy Neighbor Coloring Workshop Trivia Tournament	



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Make your reservation by 12 noon the day before Please select either a Hot or Cold entrée when making your reservations	1 Center Closed Holiday	2 Open Face Roast Beef Sandwich on toast with gravy, Broccoli Cheddar soup, juice and dessert or Tuna salad on wheat	3 Cheese Burger on a bun with lettuce, tomato, pickle, baked French fries, 3-bean salad and dessert	4 Spaghetti Day Shrimp Scampi over Spaghetti, broccoli, juice, Italian bread and dessert
7 Rigatoni Bolognese with beef, Italian blend veggies, juice, roll and dessert or Tuna salad on wheat	8 Grilled Chicken Caesar salad, Lentil soup with garlic croutons, juice and dessert or Egg Salad on wheat	9 Chicken Chow Mein, vegetable fried rice, Asian salad, egg rolls and dessert or Turkey on wheat	10 Baked Pork Chop with apple sauce, sweet potato fries, peas & carrots, wheat bread and dessert	11 Herb Roasted Tilapia with wild rice blend, string beans, juice, corn bread and dessert
14 Cheese Raviolis with Pomodoro sauce, Beef Barley soup, juice, garlic bread and dessert or Tuna salad on wheat	15 Chicken Risotto with mushrooms, escarole, juice, wheat bread and dessert or Turkey on wheat	16 Chicken Cutlet Parmesan, potato croquette, broccoli, Italian bread and dessert	17 Beef Chili with beans over rice, tossed salad, juice, crackers and dessert	18 Martin Luther King Breaded Catfish, macaroni & cheese, collard greens, corn bread and dessert No cold lunch today
21 Center Closed Holiday	22 Herb Roasted Chicken with gravy, mashed potatoes, Italian blend veggies, biscuit and dessert or Tuna salad on wheat	23 Grilled Cheese Sandwich on wheat bread, Tomato soup, juice and dessert or Chicken salad on	24 Salisbury Steak with gravy, baked potato, mixed vegetables, wheat bread and dessert or Tuna salad on wheat	25 Birthday Day Personal Pizza, Escarole soup, juice, crackers and birthday cake for dessert
28 Spaghetti & Meatballs with marinara sauce, Vegetable soup, juice, Italian bread and dessert or Tuna Salad on wheat	29 Chicken Quesadilla with salsa & sour cream, Black Bean soup, juice and dessert	30 Virtual Trip to Wyoming Beef with Bean & Barley Stew, cheesy cauliflower, zucchini tomato casserole, potato rolls and Wyoming Cowboy	31 Beef Stroganoff with mushrooms over egg noodles, broccoli, juice, roll and dessert or Tuna salad on wheat	We are asking all of our members to come in and enjoy the delicious lunches prepared daily by our chef & kitchen