



February 2019

<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>
9:00 Aerobics with Terri starts on 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 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 w/Spencer G.	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
Monday	Tuesday	Wednesday	Thursday	1 Friday
Committee Meeting Schedule 2-04 Friendly Visitor Meeting at 11:00am 2-07 Activities Meeting at 1:30pm 2-14 S.A.C. Meeting at 10:00am 2-25 Hospitality Meeting at 10:00am	Caregiver's Support Group with Ruth from 5:00pm-6:30pm on Monday 2-11-19 & 2-25-19	Daytime Caregivers Support Group with Dawn from 1:00pm-2:00pm on Wednesday 2-13-19	LECOB Food Pantry is available every Wed. & Fri. from 11am until 3pm Providing nonperishable food to seniors in need. Please contact our social worker Beth at 922-1770 ext. 305 for more information regarding our pantry	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo
4	5	6	7	8
10:30 Activity Hour with Jennifer 11:00 Friendly Visiting Meeting with Mary 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:00 Watercolor Group in conference room 11:15 Learn About Clear Caption Phones with Jessica 1:00 Super Bingo	11:30 Social Service Update with Beth 12:15 Bus takes members to Stop & Shop	11:00 Balance & Fall Prevention with Danny 11:30 Chair Yoga w/Mary Lou 12:00 Chinese New Year Followed by Traditional Chinese Style Lunch 1:00 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 Ballroom Dancing with Vladimir 1:00 Table Bingo
11	12	13	14	15
10:30 Activity Hour with Jennifer 12:45 Piano Music by Shirley 1:30 Friendly Visit to Oyster Bay Manor 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 11:15 Heart Healthy Eating w/Robyn *Cornell Cooperative 1:00 Tuesday Bingo	10:30 Women of the Ages 11:00 Brunch will be served-No Lunch today 12:15 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group 1:00 Help set up main hall for Valentine's Anniversary Celebration	10:00 S.A.C. Meeting 11:00 Grumpy Old Men 11:45 Valentine's Day & LECOB'S Anniversary Celebration Lunch w/Entertainment by John Walters (Ticket reservations required-donation requested) 1:00 Meditation with Brad	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
18	19	20	21	22
Center Closed Holiday	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken until 9pm—Special Valentine's Gathering Bring refreshments, appetizers and desserts	10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop	11:00 Tax Grievance w/Ed Mohlenhoff, Esq. 11:30 Chair Yoga w/Mary Lou 12:00 Black History Month with Lunch and Special Program 1:00 Meditation with Brad 1:00 Jewelry Making with Lee Ann	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration
25	26	27	28	
10:00 Hospitality Meeting 10:30 Activity Hour with Jennifer 1:00 Friendly Visit to The Regency 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo	10:30 Women of the Ages 11:45 Virtual Trip to Missouri w/Fun Facts Followed by a traditional Missouri Style Lunch 1:00 Trip to Raynham Hall - Stand Where They Stood (Guided Slavery Tour \$8)	11:00 Bringing Out Creativity with David 11:00 Grumpy Old Men 12:45 Piano Music by Shirley 1:00 Craft Group with Sue 1:00 Meditation with Brad	If are you interested in taking a Defensive Driving Course. We are looking to schedule the class for April 2019, but we need 17 plus people. Please contact Mary in the Program Office to sign up and get more details.



February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch reservations are necessary to insure our kitchen staff prepares enough lunches for our members	Make your reservations before 2pm the day before otherwise you will be put on the waiting list for lunch and have to wait until all others have been served	Please read the menu carefully before selecting 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	1 Crab Cake with dill sauce, herb roasted potatoes, peas & onion, wheat bread and dessert or Egg Salad on wheat
4 Manicotti with Pomodoro sauce, spinach, juice, garlic bread and dessert or Tuna salad on wheat	5 Turkey Meatloaf with gravy, mashed potatoes, peas, roll and dessert or Egg Salad on wheat	6 Chicken Quesadilla on flour tortilla with salsa & sour cream, Tomato Tortilla soup, mixed veggies and dessert or Turkey on wheat	7 <u>Chinese New Year</u> Pork Spare Ribs with duck sauce, roast pork fried rice, Chinese style vegetables, egg roll and dessert or Egg salad on wheat	8 Salmon Cake with horseradish sauce, vegetables cous cous, carrots, juice, wheat bread and dessert or Roast Beef on wheat
11 Penne Ala Vodka, Vegetable soup, juice, garlic bread and dessert or Tuna salad on wheat	12 Beef Burgundy with mushrooms, brown rice, mixed vegetables, juice, wheat bread and dessert or Egg Salad on wheat	13 <u>Brunch Day</u> Crustless Broccoli and Cheddar Quiche, baked potato, field green salad, hash brown, English muffin and yogurt parfait <u>No lunch today</u> <u>Brunch served at 11am</u>	14 <u>Valentines Celebration & LECOB'S Anniversary</u> Lemon Roasted Chicken, roasted potatoes, Brussels sprouts, roll and dessert <u>No cold lunch today</u>	15 Grilled Cheese Sandwich on wheat bread, Tomato soup, zucchini and dessert or Tuna salad on wheat
18 Center Closed Holiday	19 Chicken Cutlet with fruit chutney, mashed cauliflower, quinoa with vegetables, roll and dessert or Tuna salad on wheat	20 Chicken Souvlaki with Tziki sauce on pita bread, stuffed grape leaf, juice and dessert or Turkey on wheat	21 <u>Black History Month</u> Southern Style Fried Chicken, grits, collard greens, juice, biscuit and dessert <u>No cold lunch today</u>	22 <u>Birthday Day</u> Personal Pizza, Asian style soup, juice and birthday cake for dessert <u>No cold lunch today</u>
25 Baked Ziti with spinach, Lentil soup, juice, garlic bread and dessert or Tuna Salad on wheat	26 BBQ Boneless Chicken Thighs, cole-slaw, spinach, corn bread and dessert or Egg Salad on wheat	27 <u>Virtual Trip to Missouri</u> Chicken & Waffles with syrup, creamed corn, juice and dessert <u>No cold lunch today</u>	28 Salisbury Steak with gravy, baked potato, Italian vegetable blend, roll and dessert or Tuna salad on wheat	

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.

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging, and the Town of Oyster Bay.



Valentine's Day & LECOB'S Anniversary Celebration

on Thursday 2-14-19
starting at 11:30am



with Lunch at 12 noon
Followed by Entertainment by John Walters

*Please make your reservations
in the Program Office*

Brain Games Questions:

- Q.1 - What country owns the Auckland Islands?
- Q.2 - What's the Latin name for the Northern Lights?
- Q.3 - What was taken in *The Taking of Pelham One, Two, Three*?
- Q.4 - How many Oscars did *Gone with the Wind* win?
- Q.5 - Who was *Times* first Man of the Year, for 1927?
- Q.6 - What fraction of the Earth's gravity is the moon's?
- Q.7 - What does V.S.O.P. stand for on a bottle of brandy?
- Q.8 - What did Charles Goodyear invent by accident in 1839?

(Answers on newsletter center page)