



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.