

Come and Join one of our Activities & Groups!

Caregiver's Support Group Meets the every other **Monday** evening from 5:00pm - 6:30pm

Craft Group Meets two **Thursdays** a month from 12:45pm -1:45pm (see insert page for dates)

Creative Writing Meets every **Monday** from 12:45pm - 1:45pm

Journaling Your Journey Meets every **Tuesday** and every 1st & 3rd **Thursday** of the month from 11:00am -12:00pm

Daytime Caregivers Support Group Meets the 2nd **Wednesday** of the month from 1:00pm - 2:00pm

Women of the Ages This ladies' chat group meets every 2nd and 4th **Wednesday** of the month from 10:30am - 11:30am

Grumpy Old Men's Group This (not really grumpy) men's chat group meets the 2nd and 4th **Thursday** of every month from 11:00am - 12:00pm

Meditation Meets every **Thursday** at 1:00 pm

Crochet & Knitting Group Meets every **Thursday** at 1:00 pm

Brain Games In the Main Hall every **Friday** at 10:30 am

Jewelry Making Class - Meets one **Thursday** a month at 1:00pm

*Thank You
to all of our Volunteers*

We couldn't do it without you!

*We greatly appreciate your hard work
and dedication to our Center!*



**THE LIFE ENRICHMENT CENTER
AT OYSTER BAY**

SERVICES AVAILABLE AT THE CENTER MONDAY - FRIDAY

- Roundtrip Transportation
- Food Shopping (Wed. Only)
- Medical Transportation (516) 922-6422 (Please give us at least 2 weeks notice for all rides to medical appointments)
- Blood Pressure Screenings from 10am until 12pm
- Food Pantry - Open Wednesday and Friday 11 am to 3 pm
- Social Service Support (516) 922-1770 ext. 305
Geriatric assessments, Guidance and Information, Direct Connection with other agencies
- Social Adult Day Care Program (516) 558-7211



THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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[Facebook.com/lifeenrichmentcenteroysterbay](https://www.facebook.com/lifeenrichmentcenteroysterbay)

February 2019

February is heart health month. There's a lot of hype about heart health - for good reason. Heart disease is the leading cause of death worldwide. The best thing you can do to maintain a healthy heart is **exercise**.

For lifelong heart health, we should exercise at least four times a week. Even if you have neglected to exercise in recent years, it is not too late. You still can reap the benefits and improve heart health provided you exercise often enough. Our Center has a variety of day and evening classes that will improve your heart health and offer you the added benefits of better strength and balance.

The exercise classes below are adapted for older adults and led by instructors who specialize in modifying workouts to accommodate all levels of fitness.

PILATES Controlled movements, primarily focused on your "core". Builds body strength and improves flexibility and endurance, which helps increase balance, reduce falls, and gain strength.

TAI CHI or "moving meditation," is a gentle exercise that uses a series of movements performed slowly and focused, accompanied by deep breathing. Tai Chi helps reduce the risk of falls, improves balance and eases pain in individuals with all types of arthritis. In addition, it helps improve memory in older adults.

YOGA The weight-bearing, no-impact aspects of yoga make it especially good for increasing bone strength, which is of concern after age 50. As we get older, we create muscular imbalances and need to stretch those tight muscles. Yoga focuses on increased flexibility, improving overall strength, and on movements that help people perform everyday activities.

DANCE Balance, cardio and fun all come together in dance class. The constant need to assess movement and respond to muscle also stimulates brain activity. The benefits of dance include stronger coordination, better agility and improved flexibility. We offer classes in tap, ballet, jazz, ballroom, line dancing and more.

STRENGTH TRAINING There are a ton of benefits to regular strength training, especially for adults over 50. Aside from just feeling better, overall, strength training helps us combat the natural functional decline that comes with aging, which can lead to frailty, disability and falls.

EXERCISE is the closest thing to the fountain of youth – and it's all right here at YOUR SENIOR CENTER. We've got something for everyone ... from aerobics and tap dancing, to chair exercises by video tape. Classes are open to all – if your budget allows, a small donation is appreciated to compensate our expert instructors and help with costs.

I'll see you in the gym! *Judy Palumbo, Executive Director*



Let Us Share the Care

The Life Enrichment Center's **Day Break Program** is a social model adult day care. We have a caring and professional staff to assist frail and memory-impaired seniors. The program is located at the Christ Church Parish Hall at 61 E. Main Street in Oyster Bay. We provide socialization and recreational programs Monday through Friday from 9am-3pm. We offer a variety of therapeutic music, light exercise, arts & crafts, lunch, snacks and transportation is also available. Please call Bridget DeSimone at 516-558-7211 for more information and payment options for the Day Break Program.



Join us for Chinese New Year

The Year of the Pig

on Thursday 2-7-19 at 12 noon

Lunch :

Pork Spare Ribs, roast pork fried rice,

Chinese style veggies, egg roll & dessert

(Reservations required—Call the Program Office)



Highlighted Fitness Class of the Month

Ballroom Dance with Vladimir

Fridays at 1pm

on 2-8-19 and 2-15-19



**Looking to learn graceful dance moves from a true expert?
Come join the class as a single or as a couple!**

Oyster Bay, NY 11771
45 East Main Street

The Life Enrichment Center at Oyster Bay



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Happy February Birthday



Dear February Birthday Members,

On behalf of the LECOB Staff, Senior Advisory Council (SAC) and the Executive Board of Directors, we wish you a very Happy and Healthy Birthday! Please join us for our Birthday Celebration Lunch on Friday February 22, 2019 starting at 11:30am. Please call the Program Office at 922-1770 to make lunch your reservation by 2-20-19. We look forward to celebrating with you.

Sincerely,
The Life Enrichment Center Staff

Travel with us on our Virtual Trip to:

Missouri

on Wednesday 2-27-19
at 11:30am followed by traditional St. Louis style Lunch



Fun & Interesting Facts about the state

Menu: Chicken & Waffles, creamed corn,
juice and ice cream cone for dessert

Happy 42nd Anniversary to The Life Enrichment Center 2-10-19

Another year to create precious memories together.
Another year to discover new things about each other.

Our Wish List

Items needed - New Rubber Maid storage shed for outside of the Center
Four New Computers for our Computer Lab

Volunteers

- Drivers for medical transportation car - we are short drivers to bring members to and from doctor and dental appointments - Please call Mimi at 922-6422 to volunteer
- Bus Assistants to ride along and assist the Day Break Members
- Instructors for our day and evening programs - especially Computer instructor
- Entertainers for parties and special occasions
- Friendly Visitors to visit homebound seniors, assisted living and nursing facilities
- Activity Committee members to help plan and schedule activities
- Hospitality Committee members to sit at the front desk
- Trip Committee members to help plan local trips to museums and historical sites
- Silver Threads workers needed Monday thru Friday from 10:00am until 3:00pm
- Handyman to help with maintenance and repairs to our building
- Organizers to help straighten up our limited storage areas

If you are planning to donate clothing or other items to the Center, please call us first to insure we are able to accept your donation. If we cannot use it here we can direct you where you can bring it.

LECOB'S Craft Corner

Beautiful handcrafted items made
with love by our very own
Craft Group and The Happy Hookers
on display in our lobby showcase

All 20% OFF Ticketed Price Sale

Crocheted & Knitted Items

Baby sets & blankets
Scarves & Hats
Kid's ponchos

Crafted Items

Painted Tee Shirts
Decorated totes

Makes thoughtful gifts

~All proceeds benefit the Life Enrichment Center~

Brain Game (questions on insert page)

A.1 - New Zealand A. 2 - Aurora borealis A.3 - A New York subway train A .4 - Nine A.5 - Charles Lindbergh A.6 - One-sixth
A.7 - Very Superior Old Pale A.8 - Vulcanized rubber

Quote of the Month

"Today is not just another day. It's a new opportunity,
another chance, a new beginning. Embrace it!"

~unknown author~

Trips & Tours

Trip with Friends from Hood A.M.E. Zion Church of Oyster Bay

Saturday March 30, 2019 - Trip to Sight & Sound Theater in Lancaster Pennsylvania for show "Jesus" with Smorgasbord at Shady Maple Restaurant - Coach bus departs at 7:30am from church located at 11 Summit Street in Oyster Bay (Price per person \$150 for adults and \$110 for children 3 thru 11 years old - payments can be made in three payments of \$50 - please contact Martha Green at 631-271-8488 or Jennette James 516-330-9927 to make your reservations and get the payment schedule)

Trip with Jim Marino from Oyster Bay Travel

Wednesday April 10, 2019 - Trip to Broadway Show "The Cher Show" and Dinner at Trecolori - Deluxe coach bus departs from center at 10:45am for the Neil Simon Theater for a 2pm matinee show with front mezzanine seats followed by a multicourse buffet style dinner at famous Trattoria Trecolori (Price per person is \$209 - 1st payment of \$109 is due before 2-15-19 and 2nd payment of \$100 is due before 3-15-19 - Please sign up in the Program Office and make all payments for this trip to Oyster Bay Travel)

Trip with LECOB

Thursday May 16, 2019 - Trip to Sagamore Hill with bagged lunch - LECOB bus departs from Center at 10:45am for a 45 minute guided house tour with our very own docent Pinky followed by a bagged lunch in the picnic area at Sagamore Hill (Price per person is \$20 includes, entrance ticket, bagged lunch and LECOB bus - Sign up in the Program Office)

Fun & Fitness

Looking to do something that will benefit your health? Join one of our many great **fitness classes**! We have something for everyone. Try the **Tai Chi Work Out** to improve core strength and balance with Spencer G. every Wednesday at 12:45pm. Get your heart pumping to fun pop music with Carol's **Dance-A-Chair** every Thursday at 10:15am. Learn graceful dance moves at Vladimir's **Ballroom Dance Class** on two Fridays a month at 1:00pm - no partner necessary! Find your inner peace with stress relieving **Chair Yoga Class** with Mary Lou on two Thursdays a month at 11:30am. Increase flexibility and improve balance with Judi's **Stretch & Balance Class** every Monday at 11:05am. You will be unable to tell the difference between fun and fitness while learning dance steps with Kathy's **Line Dance Class** every Tuesday at 1:30pm. Set your own pace and get a full body workout in our **Fitness Center Gym** opened from 8:30am until 4:30pm. Please see the enclosed calendar for a full listing of all our fitness classes and activities. Call the Program Office at 516-922-1770 for additional information. All fitness class donations are gratefully accepted.



Silver Threads Thrift Shop

Selling gently used lady's &
men's clothing, shoes & accessories

Big Winter Bag Sale

Open Monday through Friday
from 10am to 2pm
(Store closed from 12pm until 12:45pm for lunch)

All proceeds benefit
The Life Enrichment Center at Oyster Bay



Evening Exercise Classes



Strength Training

Instructor Judi Pullman

Monday 6:00 pm Feb. 4, 11, (no class 2/18), 25
or Wed. 5:10 pm Feb. 6, 13, 20, 27

Stress Relief & Integrative Yoga

Instructor Patricia Orshan

Tuesday 5:45 pm Feb. 5, 12, 19, 26

Pilates

Instructor Tara Lester

Wednesday 6:15 pm Feb. 6, 13, 20, 27

EVENING EXERCISE CLASSES ARE
8 WEEK SESSIONS @ \$10 PER 1 HOUR CLASS
Open to the Public

