



# January 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 1-7-19 10:00 Let's Play Cards in the main hall 10:05 Yoga with Amy starts on 1-7-19 11:00 American Sign Language 11:05 Stretch & Balance with Judi starts on 1-7-19 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 starts on 1-9-19 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga Class with Mary Lou starts 1-2-19 (No Yoga Class on 1-16-19) 12:45 Tai Chi Work Out w/Spencer G. starts on 1-2-19	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi starts on 1-3-19 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 starts on 1-11-19 10:00 Mah Jongg  <i>-Food Pantry open every Wed. &amp; Fri. From 11am until 3pm-</i>
Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
<b><u>Committee Meeting Schedule</u></b> 1-07 Friendly Visitor Meeting at 11:00am 1-10 Activities Meeting at 1:30pm 1-10 S.A.C. Meeting at 10:00am 1-14 Hospitality Meeting at 10:30am	Center Closed Holiday	12:45 Bus takes members to Stop & Shop	10:30 Trip to Roosevelt School for Winter Fun Project with Second Graders 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
7	8	9	10	11
10:30 Activity Hour with Jennifer 11:00 Friendly Visiting Meeting with Mary 1:30 Friendly Visit to Day Break 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 1:00 Super Bingo	10:30 Women of the Ages 11:30 Social Service Update with Beth 12:45 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group	10:00 S.A.C. Meeting 11:00 Grumpy Old Men 11:15 Neck Pain w/ Dr. Danny 11:30 Chair Yoga w/Mary Lou 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
14	15	16	17	18
10:30 Activity Hour with Jennifer 10:30 Hospitality Meeting 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken until 9pm	12:45 Bus takes members to Stop & Shop	1:00 Jewelry Making with Lee Ann 1:00 Meditation with Brad	10:30 Senior Chat with Judy 10:45 Martin Luther King Celebration "Equality For All" 11:30 Piano Music by Joan w/sing along 1:00 Table Bingo
21	22	23	24	25
Center Closed Holiday	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo	10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop	11:00 Grumpy Old Men 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Ballroom Dancing with Vladimir
28	29	30	31	
10:30 Activity Hour with Jennifer 1:00 Friendly Visit to Christian Fellowship 5:00 Caregiver's Discussion Group w/Ruth	11:15 Learn About Clear Caption Phones with Jessica 1:00 Tuesday Bingo	11:45 Virtual Trip to Wyoming with Fun Facts Followed by a traditional Wyoming style lunch	1:00 Craft Group with Sue 1:00 Meditation with Brad	<b><u>Caregiver's Support Group</u></b> with Ruth from 5:00pm-6:30pm on Monday 1-7-19 & 1-28-19  <b><u>Daytime Caregivers Support Group</u></b> with Dawn from 1:00pm-2:00pm on Wednesday 1-9-19



# January 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  <b>Center Closed Holiday</b>	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  or Egg Salad on wheat	4 <u>Spaghetti Day</u> Shrimp Scampi over Spaghetti, broccoli, juice, Italian bread and dessert  or Turkey on wheat
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  or Tuna salad on wheat	11 Herb Roasted Tilapia with wild rice blend, string beans, juice, corn bread and dessert  or Chicken salad on wheat
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  or Egg salad on wheat	17 Beef Chili with beans over rice, tossed salad, juice, crackers and dessert  or Tuna salad on wheat	18 <u>Martin Luther King</u> Breaded Catfish, macaroni & cheese, collard greens, corn bread and dessert  <u>No cold lunch today</u>
21  <b>Center Closed Holiday</b>	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 wheat	24 Salisbury Steak with gravy, baked potato, mixed vegetables, wheat bread and dessert  or Tuna salad on wheat	25 <u>Birthday Day</u> Personal Pizza, Escarole soup, juice, crackers and birthday cake for dessert  <u>No cold lunch today</u>
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  or Turkey on wheat	30 <u>Virtual Trip to Wyoming</u> Beef with Bean & Barley Stew, cheesy cauliflower, zucchini tomato casserole, potato rolls and Wyoming Cowboy cookie <u>No cold lunch today</u>	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 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.*

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 Special Entertainment

*Please make your reservations in the Program Office*

### Brain Games Questions:

- Q.1 - What toy can you make sleep?
- Q.2 - What soap was touted as being "for people who like people"?
- Q.3 - What's the only U.S. state name that ends with three vowels?
- Q.4 - How many hearts does an octopus have?
- Q.5 - What country surrounds San Marino, the world's smallest republic?
- Q.6 - Who collected the 1973 best supporting actress Oscar at age 10?
- Q.7 - What do you call a poker hand including the black aces and eights?
- Q.8 - Where were Omaha, Juno and Gold Beaches?

(Answers on newsletter center page)