



Family Caregivers Meeting Schedule

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

5:00 pm - 6:30 pm

April 8, 2019

April 22, 2019

May 6, 2019

May 20, 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



Like us on Facebook

Facebook.com/lifeenrichmentcenteroysterbay



**THE LIFE ENRICHMENT CENTER
AT OYSTER BAY**



April 2019

Dear Friends and Family,

Spring is finally here and we are thrilled about it. While we are happy that we did not have much snow this winter, we are even happier to know that warmer days are upon us. This spring we hope to be doing some nice outdoor activities such as gardening and planting.

This month we will be busy getting ready for the Easter and Pass-over. Our Chef Anthony prepares the most delicious holiday meals for us. We are so lucky to be able to share such wonderful meals with each other.

We will also be crafting with our toddler friends from the Oyster Bay Preschool, we love having visits with them, they always put a smile on our faces.

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**

Monday	Tuesday	Wednesday	Thursday	Friday
1 April Fools Day Jumbles Crosswords Roll the Dice Knock Knock Jokes	2 Words with Friends High Low Bunco! Head Bands Pokeno	3 Word Scramblers Boggle! Bango Afternoon Exercise Jeopardy	4 Rebus Puzzles Bowling! Springtime Wreath Making Help Thy Neighbor	5 Share a Smile Day What Makes You Smile Collage Teamwork Crossword Farkle! Trivia
8 Word Jumbles Baking with Bridget! Sing Along High Low Farkle! Finishing Lines	9 Wake up and Stretch Day Break Writing Class Sing Along with Joan Chronologically Bean Bag Toss	10 Words with Friends Day Break Writing Class Afternoon Boggle Trivia Tournament	11 Word in a Word Family Feud Farkle! High Low Bean Bag Toss	12 Word Scramblers Visit from Oyster Bay Pre School 11am Left Center Right Jeopardy Afternoon Stretch
15 Wheel of Fortune! Kickball Circle Ice Cream Sundaes UNO! You Be the Judge !	16 Baking with Bridget! Farkle! High Low Shut the Box Bunny Crafts	17 Boggle Exercise with Betty Jo! Bunco! Jeopardy!	18 Rebus Puzzles Dying Easter Eggs Exercise with Bridget Fact or Fiction Easter Crafts	19 Word Jumbles Help Thy Neighbor Shut the Box Easter Celebrations Egg Hunt!
22 Earth Day! Teamwork Taboo Day Break Gardening Soccer Circle High- Low	23 Morning Crosswords Sit and Be Fit Straight Away Bowling! Passover Traditions	24 Boggle Farkle! High Low Day Break Writing Class	25 Words with Friends Sunshine Music Entertainment 11am Jeopardy! Shake Loose a Memory Coloring Workshop	26 Words with Friends Dice Games! Left Center Right Afternoon Stretch Outdoor Trivia
29 Crosswords Bunco! Afternoon Stretch Jeopardy! Craft Corner	30 Move and Groove to the Oldies Coloring Workshop Afternoon Walk Wildflower Jingo			

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Shells with Pomodoro sauce, Chicken soup, Italian blend veggies, garlic bread and dessert or Tuna Salad on wheat	2 BBQ Boneless Chicken Thigh, cole- slaw, baked beans, biscuit and dessert or Egg salad on wheat	3 Grilled Chicken over Caesar salad with croutons, potato salad, juice, roll and dessert or Tuna Salad on wheat	4 Beef Pot Pie with vegetables, carrots, juice, wheat bread and dessert or Egg salad on wheat	5 Crab Cake with dill sauce, sweet potato fries, green beans, wheat bread and des- sert or Turkey on wheat
8 Pasta with Broccoli in garlic & oil, tossed salad w/ chic peas, juice, roll and dessert or Tuna salad on wheat	9 Breaded Chicken Cutlet, wild rice, spin- ach, juice, roll and dessert or Turkey on wheat	10 Beef & Broccoli with fried rice, Stir fry vegetables, Asian bun and dessert or Egg salad on wheat	11 Salisbury Steak with gravy, mashed potatoes. mixed vegetables, biscuit and dessert or Tuna salad on wheat	12 Personal Pizza, Minestrone soup, juice, and dessert No cold lunch today
15 Spaghetti & Meat- balls with marinara sauce, Italian blend veggies, juice, garlic bread and dessert or Tuna salad on wheat	16 Chicken Que- sadilla on flour tortilla with salsa & sour cream, rice & beans, spinach and dessert or Egg Salad on wheat	17 Brunch Day Eggs with potatoes and onions, field green salad with nuts & cranberries, orange juice, English muffin and yogurt No lunch today Brunch served at 11am	18 Easter & Passover Celebration Pot Roast with gravy, roasted pota- toes, asparagus, matzo and dessert No cold lunch today	19 Salmon Cake with dill sauce, baked French fries, zucchini, roll and dessert or Chicken salad on wheat
22 Cheese Ravioli with Pomodoro sauce, tossed salad, juice, Italian bread and des- sert or Tuna salad on wheat	23 Herb Roasted Chicken, sweet potato fries, green beans, biscuit and dessert or Turkey on wheat	24 Cheese Burger on bun with lettuce & tomato, baked French fries, juice and dessert or Tuna salad on wheat	25 Volunteer Recogni- tion Panko Crusted Chicken with cranberry compote, rice pilaf, pea & onions, juice and occasion cake for dessert No cold lunch today	26 Birthday Day Beer Battered Fish with tartar sauce, cole- slaw, broccoli, wheat bread and birthday cake for dessert No cold lunch today
29 Manicotti with Pomodoro sauce, tossed salad with chic peas, juice, garlic bread and dessert or Tuna Salad on wheat	30 Turkey Chili with beans, brown rice, spinach, crackers and dessert or Egg Salad on wheat			