



Family Caregivers Meeting Schedule

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

5:00 pm - 6:30 pm

May 6, 2019

May 20, 2019

June 3, 2019

June 17, 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**



May 2019

Dear Friends and Family,

May is here and we at Day Break are excited to celebrate a lot of birthdays in our group! On everyone's birthday we make a cake right here at Day Break all together to start the celebration, we then celebrate each participant's birthday with their favorite games and activities. This month we have a participant turning 100! We will be having a big celebration on the 22nd! We look forward to celebrating this amazing milestone with her!

Please check the calendar for our fun springtime activities and celebrations!

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 Morning Boggle Daytime Exercise Farkle! Jingo! Trivia Tournament	2 Rebus Puzzles Baking with Bridget Birthday Cake! Bowling Fact or Fiction	3 Teamwork Crosswords Morning Stretch Shut the Box! "Cinco" de Mayo Party Jeopardy!
6 Sit and be Fit Bango Shut the Box! Jeopardy! Afternoon Artwork	7 Rebus Puzzles High Low Chronologically Grab bag guessing game	8 Words with Friends Bingo Help Thy Neighbor Painting Class Afternoon Stretch	9 Word Scramblers Teamwork Crosswords Farkle! Balloon Tennis Finishing Lines	10 Morning Stretch Day Break Haikou Bunco! Afternoon Artwork Patio Trivia
13 Words with Friends High Low Mothers Day Tea Party Headbands	14 Word in a Word Bowling "Tell M a Story" Sing Along with Joan Outdoor Family Feud	15 Morning Horoscopes Morning Boggle Bango High Low You Be The Judge	16 Crosswords The Price is Right! Tic Tac Toe Tournament Sing Along	17 Word Scramblers Picture Puzzles Farkle! Jeopardy! Afternoon Stretch
20 Current Events Teamwork Crosswords Shake Loose a Memory Tabletop Shuffle Board Farkle!	21 Word Jumbles Collage corner Bingo! Craft Corner Outdoor Trivia	22 Word Scramblers Music with Carl Bruno 11am Party Decorating Celebrating our Centennial!	23 Whiteboard Games Rebus Puzzles! Bango Chronologically Headbands	24 Words with Friends Birthday Cake Baking Straight Away Dice Game Birthday Party! High Low
27 Center Closed Happy Memorial Day!	28 Morning Crosswords Baking with Bridget Farkle! Memorial Day Crafts Birthday Party Outdoor Trivia	29 Mind Joggers Morning Boggle Chronologically Name That Tune Bingo Afternoon Sunshine	30 Jewelry Making Shut the Box! Afternoon stroll through the Garden Sing Along	31 Morning Horoscopes Word in a Word Jeopardy! Balloon Tennis Coloring Corner

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Potato Crusted Cod Fish, baked potato, Brussels sprouts, wheat bread and dessert or Turkey on wheat	2 BBQ Pulled Chicken on a roll, sweet potato fries, coleslaw and dessert or Tuna salad on wheat	3 Cinco di Mayo Shrimp Taco on flour tortilla with salsa & sour cream, baked plantains, corn fiesta, juice and dessert <u>No cold lunch today</u>
6 Stuffed Pasta Shells with Pomodoro sauce, tossed salad, juice, Italian bread and dessert or Tuna Salad on wheat	7 Turkey Meatloaf with gravy, rice pilaf, broccoli, juice, wheat bread and dessert or Chicken salad on	8 Baked Chicken with gravy, mashed potatoes, peas & carrots, biscuit and dessert or Egg Salad on wheat	9 Mother's Day Brunch Scrambled eggs with spinach & cheese, French Toast w/ syrup, sausage, hash brown potato, juice and dessert Brunch Served at 11am	10 Personal Pizza, Minestrone soup, juice, and dessert or Tuna salad on wheat
13 Penne Ala Vodka, Roasted zucchini soup, juice, garlic bread and dessert or Tuna salad on wheat	14 Breaded Chicken Cutlet with fruit chutney, macaroni & cheese, carrots, juice and dessert or Turkey on wheat	15 Beef Stroganoff with mushrooms over egg noodles, broccoli, juice and dessert or Tuna salad on wheat	16 Chicken Souvlaki with tzatziki sauce, Greek salad with stuffed grape leaves, juice and dessert or Egg Salad on wheat	17 Birthday Day Spaghetti & Meatballs with marinara sauce, tossed salad, juice, garlic bread and birthday cake for dessert <u>No cold lunch today</u>
20 Spinach Lasagna with marinara sauce, tossed salad, juice, Italian bread and dessert or Tuna salad on wheat	21 Stuffed Pepper with turkey & rice with sauce, roasted potatoes, mixed veggies, roll and dessert or Egg salad on wheat	22 Grilled Cheese sandwich on wheat bread, Tomato soup, 3 bean salad and dessert or Tuna salad on wheat	23 Chicken Pot Pie with vegetables, broccoli, juice, wheat bread and dessert or Egg salad on wheat	24 Memorial Day Celebration -BBQ Boneless Chicken Thighs with baked beans, coleslaw, biscuit and apple pie for dessert <u>No cold lunch today</u>
27 Center Closed Holiday	28 Salisbury Steak with gravy, mashed potatoes, peas & carrots, roll and dessert or Tuna Salad on wheat	29 Grilled Chicken over Caesar salad with croutons, Vegetable soup, juice and dessert or Egg Salad on wheat	30 Roast Pork Loin with onion gravy, mashed potatoes, broccoli, wheat bread and dessert or Tuna Salad on wheat	31 Beer Battered Cod Fish with tartar sauce, baked French fries, coleslaw, corn bread and dessert or Chicken salad on wheat