



Family Caregivers Meeting Schedule

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

5:00 pm - 6:30 pm

June 3, 2019

June 17, 2019

July 8, 2019

July 22, 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**



June 2019

Dear Friends and Family,

We had such a wonderful time celebrating our Centenarian last month, we had a visit from local politicians and our Birthday Girl's Family. We loved hearing stories of all that Angeline has experienced over the past 100 years! Happy 100th Birthday Angeline!

We are glad that the perfect outdoor weather is here to greet us. We love when the weather is just right to hang out and have some programs outside.

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

Warm summer days flowers are becoming, numerous weddings with bride and groom swooning.

Beaches are open, life guards in stand, children build castles in the warm golden sand.

Parents elated, graduates abound, looking for jobs so hard to be found.

Planning vacations, where to start. Let's go some place near to our hearts. Sea shore or mountains, we just cant decide, lets do both for a summer ride.

Barbecues we have, lots to be had a special one for dear old dad.

Puffy white clouds up in the sky, please don't disappear in the blink of an eye.

We love you June, please say a while, we will greet July with a smile.

-Written by Day Break Participants

Day Break Program 516-558-7211

Monday	Tuesday	Wednesday	Thursday	Friday
3 Word Jumbles Baking With Bridget Dice & Cards Music & Movement Bango!	4 Word Jumbles Picture Puzzles Sittercise Stencil Artwork High Low	5 Morning Boggle Daytime Exercise Farkle! Jingo! Trivia Tournament	6 Rebus Puzzles Baking with Bridget Birthday Cake! Bowling Fact or Fiction	7 Teamwork Crosswords Shake Loose a Memory Morning Stretch Shut the Box! Jeopardy!
10 Word Games Exercise Class Day Break Spelling Bee! Three or More Finishing lines	11 Rebus Puzzles High Low Daily Exercise Sing Along with Joan Bunco!	12 Morning Horoscopes Morning Boggle Bango High Low You Be The Judge	13 Word in a Word Bunco! "Tell M a Story" Outdoor Family Feud Bean Bag Toss	14 Morning Stretch Day Break Haikou Bunco! Afternoon Artwork Patio Trivia
17 Words with Friends Fathers Day Entertainment with Vance 11am Headbands Birthday Celebration	18 Word Scramblers Teamwork Crosswords Farkle! Balloon Tennis Finishing Lines	19 Words with Friends Bingo Help Thy Neighbor Painting Class Afternoon Stretch	20 Crosswords The Price is Right! Tic Tac Toe Tournament Sing Along	21 Word Scramblers Picture Puzzles Farkle! Jeopardy! Afternoon Stretch
24 Current Events Teamwork Crosswords Shake Loose a Memory Tabletop Shuffle Board Farkle!	25 Word Jumbles Collage corner Bingo! Craft Corner Outdoor Trivia	26 Word Scramblers Morning Boggle Shut the Box! Bean Bag Toss Finishing Lines	27 Whiteboard Games Rebus Puzzles! Bango Chronologically Headbands	28 Words with Friends Birthday Cake Baking Straight Away Dice Game High Low

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg Salad on wheat with lettuce and tomato, German potato salad, juice and dessert No hot lunch today	4 BBQ Boneless Chicken Thigh, baked beans, broccoli, biscuit and dessert or Turkey on wheat	5 Shrimp Scampi over spaghetti, peas & carrots, juice, Italian bread and dessert or Egg Salad on wheat	6 Turkey Chili over brown rice, string beans, juice, crackers and dessert or Tuna salad on wheat	7 Fresh Mozzarella with red roasted peppers on French bread, veggie pasta salad, juice and dessert No hot lunch today
10 Cheese Ravioli with Pomodoro sauce, Italian blend veggies, juice, garlic bread and dessert or Seafood salad on wheat	11 Breaded Chicken Cutlet with fruit chutney, macaroni & cheese, carrots, juice, biscuit and dessert or Tuna salad on wheat	12 Roasted Turkey with muenster cheese, lettuce & sundried tomato mayo on wheat bread, potato salad, juice and dessert o hot lunch today	13 <u>Strawberry Festival</u> Pork Tenderloin with strawberry sauce, mashed potatoes, strawberry citrus salad, biscuit and strawberry jello for dessert No cold lunch today	14 <u>Father's Day Picnic</u> Cheese Burger on bun with lettuce, tomato & pickle, coleslaw, corn and dessert No cold lunch today
17 Grilled Chicken over Caesar salad with croutons, beet salad, juice and dessert No hot lunch today	18 Baked Pork Chop with apple sauce, wild rice blend, carrots, juice and dessert or Tuna salad on wheat	19 <u>Virtual Trip to Arizona</u> Chicken Burrito, Posole (hominey stew), onion rings, wheat bread and Tres Leches cake for dessert	20 Roast Beef & Swiss with horseradish sauce on roll, balsamic glazed roasted veggie salad, juice and dessert No hot lunch today	21 Herb Roasted Tilapia, baked potato, peas & carrots, roll and dessert or Egg salad on wheat
24 Baked Ziti with spinach, sauce & cheese, tossed salad, zucchini, garlic bread and dessert or Tuna salad on wheat	25 Chicken Salad with cranberries & walnuts on roll with lettuce, tomato salad, juice and dessert No hot lunch today	26 Scrambled eggs with scallions & cheese, pancake with syrup, field green salad with nuts & berries, orange juice and dessert Brunch Served at 11am	27 Turkey Meatloaf, rice pilaf, carrots juice, biscuit and dessert or Egg Salad on wheat	28 <u>Birthday Day</u> Personal Pizza, Mine-strore soup, juice, crackers and birthday cake for dessert or Tuna Salad on wheat