



Family Caregivers Meeting Schedule

45 East Main Street, Oyster Bay, NY 11771 (2nd Floor Conference Room)
5:00 pm - 6:30 pm

October 7, 2019

October 21, 2019

November 4, 2019

November 18, 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](https://www.facebook.com/lifeenrichmentcenteroysterbay)



October 2019

Dear Friends and Family,

As the seasons change we miss the old and look forward to the new. This time of year we especially look forward to our friends from the Oyster Bay Pre School to come over for our intergenerational program once a month. This month we look forward to seeing them in their adorable Halloween costumes, as we prepare little goodie bags for them to come trick or treating.

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

October Poem

Ghosts and goblins roam the streets,
Ringing your doorbell looking for
treats.
Costumes of multiple colors and kinds,
Halloween is here, so say the signs.
Jonny's the Hulk, all dressed in green.
Jenny wears a crown, dressed as a
Queen.
Gathering treats from house to house,
Mom's hiding candy from her over
weight spouse!
They ring every doorbell till their bags
are full.
Mom's keeping warm in sweaters of
wool.
Skies grow dark and bedtime draws
near,
Halloween is over, until next year.

Written By
-Day Break Participants-

Day Break Program 516-558-7211

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Word Games Baking with Bridget Daily Exercise Straight Away Dice Game Team Work Trivia	2 Boggle! Day Break Writing Class Bunco! Reading Round Table	3 Word Scrambles Begins and Ends With Dice Breakers Baking Birthday Cake Birthday Celebrations!	4 Word Games Who wants to be a millionaire? Craft Corner Exercise and Move High Low
7 Crosswords Landscape paintings Straight Away Dice Game "Columbus Sailed the Ocean Blue"	8 Word Scrambles Sensory Game Story Time Music Entertainment by Joan You Be the Judge!	9 Morning Madlibs Exercise Class With Betty Jo Salt Painting Teamwork Trivia	10 Rebus Puzzles Fall Painting Class Sit and Be Fit Afternoon Mosaic Class Fall Themed Crafts	11 Word Games Exercise Class Day Break Spelling Bee! Three or More Finishing lines
14 Birthday Word Games Baking with Bridget Sit and Be Fit Farkle! Birthday Celebration!	15 Crosswords The Price is Right! Tic Tac Toe Tournament Sing Along	16 Daily Word Games BUNCO! Day Break Writing Class Toss Up! High Low	17 Boggle! Reading Round Table Parachute Time! Coloring Workshop Fact or Fiction	18 Day Break Trivia Tournament Dice Games Landscape painting Fly Swatter Volley Ball
21 Word Scrambles Headbands Day Break Dice Tour- nament High- Low	22 Boggle! Left Center Right Balloon Volleyball Farkle! Shake Loose a Memory	23 Words with Friends "Going to Boston" Dice Game Bango Finishing Lines	24 Word Jumbles Picture Puzzles Sittercise Stencil Artwork High Low	25 "What you wear, Where" Visit from Oyster Bay Pre School Sensory Stations High Low
28 HangMan Music with Vance Brescia! Halloween Preparation Trivia Tournament	29 Morning Crosswords Making Party Decora- tions BUNCO! Sittercise	30 Word Jumbles Exercise Class with Betty Jo Halloween Craft Teamwork Trivia	31 Happy Halloween! Spooky Word Scrambles Halloween Treats Making Witch's Brew Halloween Parade	

Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Cheese Burger on bun with lettuce, tomato & pickles, baked fries, coleslaw and dessert or Egg salad on wheat</p>	<p>2 Stuffed Pasta Shells with Pomodoro sauce, tossed salad, spinach, garlic bread and dessert or Tuna salad on wheat</p>	<p>3 Beef Stroganoff with mushrooms over noodles, carrots, juice, wheat bread and dessert or Turkey on wheat</p>	<p>4 Crab Cake with dill sauce, baked sweet potato, spinach, wheat bread and dessert or Egg salad on wheat</p>
<p>7 Penne Ala Vodka, tossed salad, juice, garlic bread and dessert or Tuna salad on wheat</p>	<p>8 Salisbury Steak with gravy, mashed potatoes, broccoli, biscuit and dessert or Turkey on wheat</p>	<p>9 Cobb Salad with Chicken, beet salad, juice, bread stick and dessert or Egg salad on wheat</p>	<p>10 Chicken Cacciatore, wild rice, Italian blend vegetables, juice, roll and dessert or Tuna salad on wheat</p>	<p>11 Personal Pizza, Vegetable soup, juice and dessert or Tuna salad on wheat</p>
<p>14 Spaghetti & Meatballs, tossed salad, juice, garlic bread and dessert or Tuna salad on wheat</p>	<p>15 BBQ Boneless Chicken Thigh, baked beans, coleslaw, wheat bread and dessert or Egg salad on wheat</p>	<p>16 Chicken Taco in a tortilla with lettuce & tomato, salsa & sour cream, rice & beans, juice and dessert or Turkey on wheat</p>	<p>17 Pot Roast with gravy, mashed potatoes, mixed vegetables, roll and dessert or Tuna salad on wheat</p>	<p>18 Battered Cod Fish, baked French fries, 4 bean salad, biscuit and dessert or Turkey on wheat</p>
<p>21 Baked Ziti with cheese, Spinach & bean soup, broccoli, Italian bread and dessert or Tuna salad on wheat</p>	<p>22 Roast Beef with gravy, mashed potatoes, peas & carrots, bread and dessert or Low Fat Cheese on wheat</p>	<p>23 Hearty Chicken Soup with vegetables, tossed salad, juice, roll and dessert or Egg Salad on wheat</p>	<p>24 Breaded Pork Chop with gravy, wild rice blend, carrots, biscuit and dessert or Roast Beef on wheat</p>	<p>25 <u>Birthday Day</u> Shrimp Scampi over linguini, peas with onions, juice, Italian bread and birthday cake for dessert <u>No cold lunch today</u></p>
<p>28 Rigatoni with Bolognese sauce, Italian blend veggies, juice, Italian bread and dessert or Tuna salad on wheat</p>	<p>29 Herb Roasted Chicken, baked sweet potato, zucchini, biscuit and dessert or Egg salad on wheat</p>	<p>30 <u>Halloween Costume Party</u> Texas Chainsaw Meatloaf, Mummy mashed potatoes, Zombie head Brussels sprouts, Rosemary's Baby roll and Creepy Cup Cake for dessert <u>Dinner only</u></p>	<p>31 Cheese Ravioli with Pomodoro sauce, tossed salad with chic peas, juice, garlic bread and dessert or Tuna salad on wheat</p>	