



### Family Caregivers Meeting Schedule

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

5:00 pm - 6:30 pm

January 13, 2020

January 27, 2020

February 10, 2020

February 24, 2020



### 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



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Facebook.com/lifeenrichmentcenteroysterbay



### THE LIFE ENRICHMENT CENTER AT OYSTER BAY

45 E. MAIN STREET • OYSTER BAY, NY • 11771

Phone: 516-922-1770 • www.lifeenrichmentcenteroysterbay.org



## March 2020

Dear Friends and Family,

We at Day Break would like to wish you all a Happy and Healthy New Year. 2020 is sure to be a good year. We look forward to all that it has to bring.

With the new year also comes the dreaded cold and snowy weather. Please note that we follow the Oyster Bay-East Norwich School District with closures due to snow. We do have to consider taking extra safety measures to ensure that your loved ones get to and from Day Break safely. It would be best, when our area is forecasted for snow and/or ice that you plan alternate transportation for your loved one if they regularly take the bus, as well as, be prepared on such days for either late start or early end to program if needed. You will be contacted by Day Break Staff if any changes will be made on days forecasted for snow.

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.

-Bridget DeSimone

Sincerely,

**Day Break Program  
(516) 558-7211**

The old year is ending,  
Greetings we're sending ,  
To one and to all  
For the year that is pending.  
For the year 2020  
We're hoping to see clear,  
For all good things, and a Happy New Year!  
Parties are many,  
Filled with lots of good cheer,  
Good health and good happiness,  
To those we hold dear.  
To the world we are wishing  
For joy and peace,  
Laughter, love and kindness,  
That will never cease.  
Memories of the past year  
Are fresh in our mind,  
Let's use this time now  
To relax and unwind.  
Old friends and new friends,  
Experiences we share,  
Getting together, to show that we care.  
January first we begin a new,  
Happy days with problems are few.  
Our friends come to Day Break  
To meet and have fun,  
Leaving with smiles with the day is done.  
Presents unwrapped, all cards have been read,  
Resolutions we make, while looking ahead.  
We raise our glasses,  
To the year 2020,  
Our sincerest wish is for blessings a plenty!

-Written by Day Break Participants

## March 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Center Closed</b> <b>Happy</b> <b>New Year!</b>	<b>2</b> Word Scrambles Daybreak Crosswords Bunco! Jeopardy! Coloring Corner	<b>3</b> Word in a Word Pokeno! 2019 Memoirs Scattergories
<b>6</b> Word Jumbles Morning Crosswords Mid Day Exercise High Low! Craft Corner	<b>7</b> Morning Word Games Baking with Bridget Bango! Trivia Tournament Afternoon Boggle	<b>8</b> Elvis Crossword <b>Sit and Be Fit with</b> <b>Betty Jo</b> Shut the box! Coloring Workshop Trivia	<b>9</b> Move a Letter Goodie Bag Making Jeopardy Farkle! Afternoon Stretch	<b>10</b> Morning Word Games Bunco! Afternoon Boggle Outburst!
<b>13</b> Rhyme Time Word Games Shut the Box! Help Thy Neighbor Afternoon Stretch	<b>14</b> Word Scramblers Sit and Be Fit <b>Sing Along with</b> <b>Joan Coester</b> Bango Coloring Workshop	<b>15</b> Word Games Help thy Neighbor Bunco! Shake Loose a Memory Teamwork Trivia	<b>16</b> High Low Move and Groove Crafting with Bridget Jeopardy! Pokeno	<b>17</b> Mind Joggers Day Break Crosswords <b>Visit from Oyster Bay</b> <b>Pre School 11am</b> Farkle! Afternoon Bingo!
<b>20</b> <b>Center Closed</b> <b>Martin Luther</b> <b>King Jr. Birthday</b>	<b>21</b> Words with Friends Baking with Bridget Artwork Trivia Games Bunco!	<b>22</b> Morning Boggle <b>Sit and Be Fit with</b> <b>Betty Jo</b> Day Break Story Telling Headbands Jeopardy!	<b>23</b> Word Jumbles Art Expressions Shut the Box! Farkle! Musical Bingo	<b>24</b> Coffee Chat Daybreak Storytelling Pokeno Afternoon Boggle Trivia
<b>27</b> Morning Word Games Jeopardy! Bunco! Afternoon Boggle Sing Along	<b>28</b> Words with Friends Crosswords Farkle! Afternoon Tea Party Headbands	<b>29</b> Word Jumbles Rhyme Time Straight Away Mid Day Exercise Scattergories	<b>30</b> Teamwork Crosswords Sit and Be Fit Help Thy Neighbor Craft Corner Birthday Celebrations	<b>31</b> Word Scramblers Name Ten! Baking with Bridget Bunco! Outburst!

## Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Rigatoni with Bolognese sauce, Ital- ian blend veggies, juice, roll and dessert  or Tuna salad on wheat	<b>3</b> Caesar Salad with Chicken & croutons, Split Pea soup, juice and dessert  or Egg salad on wheat	<b>4</b> Grilled Cheese on wheat bread, Tomato soup, juice and des- sert	<b>5</b> Chicken Pot Pie with potatoes and vegetables, broccoli, juice, crackers and dessert	<b>6</b> Breaded Fish Fillet with tartar sauce, wild rice blend, peas & carrots, juice, corn bread and dessert
<b>9</b> Spaghetti and Meat- balls w/Pomodoro sauce, tossed salad, juice, garlic bread des- sert  or Tuna salad on wheat	<b>10</b> BBQ Chicken, sweet potato fries, mixed vegetables, biscuit and dessert  or Egg salad on wheat	<b>11</b> <u>Brunch at 11am</u> Potatoes & Eggs with onions, field green salad w/walnuts & cranberries, orange juice, English muffin and yogurt	<b>12</b> <u>St. Patrick's Day</u> <u>Celebration</u> Corned Beef & Cabbage with carrots, boiled pota- toes, Irish soda bread roll and Irish Bread Pudding  <u>No cold lunch today</u>	<b>13</b> Personal Pizza, Seafood Chowder, juice and dessert  or Egg salad on wheat
<b>16</b> Lasagna Roll Up with Pomodoro sauce, Italian blend veggies, juice, Italian bread and dessert  or Tuna salad on wheat	<b>17</b> Breaded Chicken Cutlet with fruit chut- ney, Asian slaw, peas & onions, wheat bread and dessert  or Egg salad on wheat	<b>18</b> <u>Vegetarian Lunch</u> Zucchini Cakes with horse radish sauce, Lentil soup, roasted beet salad, roll and dessert  or Turkey on wheat	<b>19</b> Turkey Chili over brown rice, tossed salad with chic peas, juice, crackers and dessert  or Egg salad on wheat	<b>20</b> Crab Cake with dill sauce, baked French fries, string beans, wheat bread and dessert  or Turkey on wheat
<b>23</b> Cheese Ravioli with Pomodoro sauce, tossed salad, juice, Italian bread and des- sert  or Tuna salad on wheat	<b>24</b> Roast Pork Mei Fun with noodles, Asian style vegetables, juice and dessert  or Egg salad on wheat	<b>25</b> <u>Virtual Trip to Israel!</u> Chicken Shwarma with hummus tahini in pita bread, Israeli salad, baked French fries and Rugulach for dessert  <u>No cold lunch today</u>	<b>26</b> Chicken Quesadilla on flour tortilla w/ salsa & sour cream, rice and beans, spinach, juice and dessert  or Egg salad on wheat	<b>27</b> <u>Birthday Day</u> Turkey Meatloaf with gravy, mashed pota- toes, peas & carrots, wheat bread and birth- day cake for dessert  or Tuna salad on wheat
<b>30</b> Hamburger on bun with cheese, lettuce, tomato & pickle, baked beans, coleslaw and dessert  or Egg salad on wheat	<b>31</b> Chicken Cacciato- re with brown rice, spin- ach, juice, roll and dessert  or Chicken salad on			