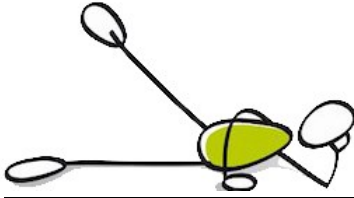


THE LIFE ENRICHMENT CENTER AT OYSTER BAY

45 EAST MAIN STREET • OYSTER BAY, NEW YORK • 516-922-1770

Evening After Hours



MARCH/APRIL 2020
ACTIVITIES FOR BODY & MIND
 ~ DESIGNED FOR ALL AGES ~



NEW MEMBERS:
CALL US TO RECEIVE A FREE TRIAL EXERCISE CLASS!

FITNESS CLASSES RUN CONTINUOUSLY (YEAR ROUND)
 2 MONTH SESSIONS @ \$10 PER CLASS **JOIN ANYTIME!**
 (\$8 PER CLASS FOR AFTER HOURS MEMBERS*)

DAY	TIME	COURSE/ACTIVITY	INSTRUCTOR
MONDAY	6:00 – 7:00 p.m.	STRENGTH TRAINING Increase your strength and flexibility through stretching, light weights and floor exercises. Rheumatologist recommended. Boosts your energy levels too! Mar/Apr: 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27 (8 weeks)	Judi Pullman
	6:00 - 8:00 p.m.	WATER COLOR PAINTING—PART II This course resumes lessons begun in late 2019, continuing to develop your artistic eye. Mar: 3/2, 3/9, (No class 3/16), 3/23 (3 remaining weeks)	Alice Hayden
TUESDAY	6:00 – 7:00 p.m.	STRESS RELIEF WITH INTEGRATIVE YOGA Therapeutic yoga and meditation for relief of physical, emotional and mental stress triggers. Enhance clarity, concentration and focus; discover new mind-body strength and flexibility. Mar/Apr: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28 (9 weeks)	Patricia Orshan
WEDNESDAY	5:10 – 6:10 p.m.	STRENGTH TRAINING Increase your strength and flexibility through stretching, light weights and floor exercises. Rheumatologist recommended. Boosts your energy levels too! Mar/Apr: 3/11, (No class 3/18), 3/25, 4/1, 4/8, 4/15, 4/22, 4/29 (7 weeks)	Judi Pullman
	6:15 – 7:15 p.m.	PILATES Precise movements flow from your core to shape and sculpt your body. A superb fitness shape up! Mar/Apr: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29 (9 weeks)	Tara Lester
THURSDAY	7:00 – 9:00 p.m.	MAH JONGG LESSONS Introduction to this exciting game of luck & skill! Learn the tiles, how to read the official National League card, and set up basic play. Cards and sets will be provided for practice. Mar: 3/5, 3/12, 3/19 (3 remaining weeks)	Alex Pollack
Special Event	March 1	NORTH SHORE NOSHERS — PLANT-BASED COMMUNITY SUPPERS First Sunday every month 4-8pm with rotating theme. This month is "Finger Foods". You don't need to be plant-based, but your food does. Make sure to create your dish without meat/dairy/eggs/fish. Bring your own plates/bowls/cups/utensils, and wine/beer if you like.	
Special Event	March 8	SUPPER AT 2 SPRING RESTAURANT IN OYSTER BAY TO BENEFIT LEC 5-9pm. Share food, wine & community at 2 Spring for a Sunday Supper. \$49 per person family style pre-fixe feast, 20% of each meal donated to LEC. Seating is limited, reservations required. Call (516) 624-2411.	
Special Event	March 17 April 21	OPEN MIC NIGHT WITH BARBARA & KEN Mar. 17 & Apr. 21 - Local musicians, vocalists, poets and storytellers welcome to showcase their talents. Bring an appetizer, dessert or refreshment to share. (A suggested donation of \$5 per person greatly appreciated)	

*Our programs are affordable and fun. Annual membership is available for \$59 which entitles members to discounts on all fitness classes; Non-members also welcome.

For more information, please call: 516-922-1770 or email info@lecob.org