



# THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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## August 2020

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Times flies! August is upon us and we are only now getting the newsletter in the mail. So, I'd like to take this opportunity to encourage you all to get online so you can have immediate access to information. Those of you who were waiting for the August "snail mail" newsletter to get the menu will have missed the first week – caesar salad, spaghetti and meatballs and herb roasted chicken! My point is: technology is your friend – embrace it!

You will be receiving a letter and survey in the mail which will help us understand how to better serve you. We are very interested in knowing when you will feel comfortable enough to return to the Center. There is a section on technology to help us to determine if people are willing and able to use "virtual" programs. Also, there are several questions on general program options. It is important you share your feedback because program delivery will be different due to new restrictions and we want to know what matters most to you!

We had a visit this week from Nassau County Deputy Commissioner for the Office for the Aging, Jorge Martinez. He was impressed with our current "grab-and-go" meal program and our reopening plans and felt we would be one of the first Centers to open. (Sorry, still no date.) Assuming Long Island continues with a low infection rate, we will meet with the Senior Advisory Committee and a focus group this month to do a re-opening "test run." Baby steps. We will keep you posted. Until then, get outside and try to enjoy the dog days of summer!

Best, Judy

### Grab-And-Go Meal Program on Tues., Wed. and Thurs.

(It will be no-contact pick up at the side door on White Street — Don't forget to wear your masks)

Call to reserve your meals and your donations are greatly appreciated!

Tues 8/04 Caesar Salad with Chicken	Wed 8/05 Spaghetti & Meatballs	Thurs 8/06 Herb Roasted Chicken
Tues 8/11 BBQ Chicken & biscuit	Wed 8/12 Lasagna Roll up	Thurs 8/13 Chicken Cacciatore
Tues 8/18 Pork Mei Fun w/ egg roll	Wed 8/19 Turkey Meatloaf w/gravy	Thurs 8/20 Chicken Salad on roll
Tues 8/25 Chicken Cutlet	Wed 8/26 Salisbury Steak w/gravy	Thurs 8/27 Hawaiian Luau- Char Siu Pork

(Meals may be subject to change without notice due to difficulty obtaining products)

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### Farmer's Market Coupons

Sponsored by Nassau County Office for the Aging

will be distributed on Monday 8-24-20 from 10am until 2pm

Line up 6 feet apart wearing a mask in front of the Center for your \$20 coupon

## Virtual Fitness Classes & Groups

- Tai Chi w/Spencer through Glen Cove Senior Center\* on Mon. at 2pm & Fri. at 3pm
- Chair Dancercize with Carol through Glen Cove Senior Center\* on Tuesdays at 1pm

(\*For Spencer's or Carol's classes, go to glencoveseniorcenter.com under Virtual Programs, and click on live-stream classes. You will be redirected to their Facebook page, but you do not need an account to watch the live-stream.)

- Yoga with Michele on Mondays at 10am, Wednesdays at 12pm, and Fridays at 11am

(For Zoom code and password please email Michele at luca100707@gmail.com)

- Open Mic Night with Barbara & Ken on Tuesdays at 6:30pm

(For Zoom code and password for Open Mic Night please email Ken at ken\_krumenacker@excite.com)

- Grumpy Old Men's Group with Beth on Tuesdays at 10:30am
- Women of the Ages Group with Beth on Wednesdays at 10:30am
- Happy Hookers Crochet & Knit Group with Chris on Thursdays at 10:30am

(Please pre-register for these groups with Beth by calling 516-922-1770 - All groups meet at the Park under the pavilion - bring your chairs and a bottle of water)

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### St. Francis Van

Health Screenings - Diabetes, Cholesterol and Blood Pressure Screenings

on Wednesday 9-9-20 from 10am until 2pm

(Must preregister for a scheduled appointment for St. Francis Van by calling Mary in the Program Office -  
You must wear a mask and be temperature checked before entering the van)

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Stretch and Balance Walk in the Park with Judi - Classes are on Tues. at 8:30am & again at 9:45 am, and on Wed. at 8:30am - seniors meet on the White St. side of the building

Line Dancing in the Park with Kathy - Class is on Tues. at 1pm - seniors meet at Park at the pavilion in the picnic area

Tai Chi in the Park with Spencer - Class is on Thurs. at 9am - seniors meet at Park at the pavilion in the picnic area

(Classes are weather permitting with safe social distancing, wearing masks and *DON'T FORGET YOUR WATER*  
Please call the Program Office to preregister for classes)

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### Quote of the Month

“Never give up. Never lose hope. Always have faith. It allows you to cope.

Trying times will pass as they always do. Just have patience, your dreams may still come true.

So put on a smile. You'll live through your pain. Know it will pass and strength you will gain.”

~unknown~