



# THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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## September 2020

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Thank you for your support. This community, our donors, and our members, never cease to amaze me. I was at first reluctant to send a summer appeal knowing so many people had their own financial hardships to endure. After cutting expenses, reassessing our finances, and cutting again, I realized I must ask for help. An appeal letter went out, and the response was overwhelming. Our supporters generously donated more than ever before! Despite the uncertainty of these times, our community showed their dedication to the Center and our mission to serve local older adults.

We are by no means “out of the woods” (you can still donate!), but we are holding steady and optimistic that there are better times ahead. We are excited to announce we will be opening for in-person programs in late September. We are one of five senior service organizations in Nassau County cleared to open; call us guinea pigs or trailblazers depending on your perspective.

With your help we will forge ahead – albeit slowly and carefully. All of us at the Center want you to know how much your support means to us. We are truly grateful!

Many thanks, 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 9/01 Cheese Ravioli	Wed 9/02 BBQ Chicken & corn bread	Thurs 9/03 Sloppy Joe on a roll
Tues 9/08 Spaghetti & Meatballs	Wed 9/09 Breaded Pork Chop	Thurs 9/10 Lemon Chicken
Tues 9/15 Cheese Burger with fries	Wed 9/16 Chicken Cutlet w/chutney	Thurs 9/17 BBQ Pulled Chicken on roll
Tues 9/22 Pot Roast with gravy	Wed 9/23 Herb Roasted Chicken	Thurs 9/24 Pork Loin with onion gravy
Tues 9/29 Turkey Chili over rice	Wed 9/30 Home Coming Celebration —	Chicken Marsala with mushrooms

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

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### Hoping For Homecoming

on Wednesday 9-30-20 at 11:30am

with Welcome Home Seniors followed by Lunch

(Must preregister by calling the Program Office)

## 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 St. Francis Van by calling the Program Office - You must wear a mask to enter the van)

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### Outdoor Fitness Classes

Stretch and Balance Walk in the Park with Judi - Classes are on Tues. and Wed. at 8:30am -  
seniors meet in front of the building

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

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

(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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### *The LECOB Book Club with Adele*

will return on Wed. 10-7-20 at 12:45pm to discuss the book *Have You Seen Luis Valez* by Catherine Ryan Hyde

and on Wed. 11-4-20 at 12:45pm to discuss *This Tender Land* by William Kent Krueger

(Must preregister for the Book Club by calling the Program Office)

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### *Quote of the Month*

“Hope lies in dreams, in imagination, and in the courage  
of those who dare to make dreams into reality .”

~Jonas Salk~