



Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
10:00 Yoga with Michelle on Zoom (email luca100707@gmail.com) 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:30 Strength Training with Judi 10:00 Strength Training with Judi 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 1:00 Creative Movement with Kathy 7:15 Open Mic Night with Barbara & Ken on Zoom (email ken_krumenacker@excite.com)	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 12:00 Yoga with Michele on Zoom 1:00 New Day for Crochet & Knit with The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:00 Yoga with Michelle on Zoom 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:30 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio w/Alice on Zoom 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 12:45 Book Club with Adele to discuss "This Tender Land" by William Kent Krueger 1:00 Crochet & Knit w/The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda
9	10	11	12	13
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine 2:00 Zoom For Dummies with Chris	8:30 Strength Training with Judi 10:00 Strength Training with Judi 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 11:30 A Salute to Veterans Grab & Go Lunch 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 1:00 Crochet & Knit w/The Happy Hookers 2:00 Zoom For Dummies with Chris	9:00 Tai Chi with Spencer G 9:30 Meet with Julie Abdo for help with Medicare plan changes -schedule your 20 minute apt. with Beth 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda 2:00 Zoom For Dummies with Chris
16	17	18	19	20
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:30 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio with Alice on Zoom 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 1:00 Crochet & Knit w/The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda
23	24	25	26	27
<u>Thanksgiving Celebration</u> 10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:00 Thanksgiving Lunch 12:45 Creative Writing with Katherine	<u>Thanksgiving Celebration</u> 8:30 Strength Training with Judi 10:00 Strength Training with Judi 11:00 Meditation with Elisabeth 11:00 Grumpy Old Men's Group 12:00 Thanksgiving Lunch - No Grab & Go today 1:00 Creative Movement with Kathy	<u>Thanksgiving Celebration</u> 8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 11:30 Thanksgiving Grab & Go Lunch 12:30 Thanksgiving Lunch at the Center 1:00 Crochet & Knit w/The Happy Hookers	Center Closed Holiday	Center Closed Holiday
30				30
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	<u>A Salute to Veterans</u> on Tuesday 11-10-20 starting at 11:30am with Veterans Colour Guard presentation on corner of White Street followed by Grab & Go Lunch	<u>Homemade Holiday Pies</u> \$15 each will be available for purchase starting on Mon. 11-23-20 through Wed. 11-25-20 (or while supplies last) All proceeds benefit LECOB	Members must preregister for all classes, groups and activities by calling the Program office at 516-922-1770	Only a limited number of participants are allowed to attend each fitness class, group or activity at the Center



November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lunch at the Center BBQ Chicken, sweet potato fries, zucchini, wheat bread and dessert	3 Grab & Go Only Breaded Pork Chop w/ gravy, baked potato, mixed vegetable, biscuit and dessert	4 Grab & Go and Lunch at the Center Chicken Pot Pie with potatoes & veggies, carrots, juice roll and dessert	5 Grab & Go Only Rigatoni with Bolognese sauce, Italian blend vegetables, juice, garlic bread and dessert	6 Lunch at the Center Personal Pizza, Minestrone soup, juice, crackers and dessert
9 Lunch at the Center Breaded Chicken Cutlet with fruit chutney, vegetable couscous, spinach, wheat bread and dessert	10 Grab & Go Only Veterans Celebration BBQ Chicken, corn on the cob, coleslaw, biscuit and peach pie for dessert	11 Grab & Go and Lunch at the Center Salisbury Steak w/gravy, mashed potatoes, peas & carrots, roll and dessert	12 Grab & Go Only Herb Roasted Chicken, wild rice blend, broccoli, biscuit and dessert	13 Lunch at the Center Potato Crusted Cod Fish with tartar sauce, baked fries, mixed vegetables, wheat bread and dessert
16 Lunch at the Center Chicken Quesadilla on flour tortilla with sour cream & salsa, brown rice, broccoli and dessert	17 Grab & Go Only Beef Burgundy with mushrooms over egg noodles, zucchini, juice, roll and dessert	18 Grab & Go and Lunch at the Center Spaghetti and Meatballs with marinara sauce, mixed vegetables, juice, garlic bread and dessert	19 Grab & Go Only Herb Roasted Fish Fillet, rice pilaf, string beans, wheat bread and dessert	20 Lunch at the Center Birthday Day Celebration Pasta with Broccoli garlic & oil, Chicken vegetable soup, Italian bread and birthday cake for dessert
23 Lunch at the Center Thanksgiving Celebration Roast Turkey with gravy and cranberry compote, stuffing, mashed sweet potatoes, string beans and pumpkin pie for dessert	24 Lunch at the Center Thanksgiving Celebration Roast Turkey with gravy and cranberry compote, stuffing, mashed sweet potatoes, string beans and pumpkin pie for dessert <u>Sorry—No Grab & Go today</u>	25 Grab & Go and Lunch at the Center Thanksgiving Celebration Roast Turkey with gravy and cranberry compote, stuffing, mashed sweet potatoes, string beans and pumpkin pie for dessert	26 Center Closed Holiday	27 Center Closed Holiday
30 Lunch at the Center Cheese Burger on bun with lettuce, tomato & pickle, waffle fries, coleslaw and dessert	Lunch reservations are required for our kitchen staff prepares enough lunches	Make your reservations by 2pm the day before		

PLEASE NOTE: Menu is subject to change without notice and cannot be customized to order.
RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!
No person will be denied a service because of inability to contribute.

Lunch Reservation Instructions:

- Members are required to preregister for Grab & Go lunches. If you did not preregister, you may only get a frozen meal while supplies last.
- We are only allowed to accommodate 30 seniors total for Lunch at the Center per day. You will be assigned a specific day to have lunch at the Center. This limitation will hopefully only be temporary. Please contact the Program Office to schedule a day to have lunch at the Center.
- If you can not attend lunch at the Center on your assigned day, please call the Center as early as possible and let us know you have to cancel.
- Everyone coming into the Center must wear a mask and be temperature checked before entering the building. A series of health questions will also be asked and you must sanitize your hands before entering.

Program Instructions:

- You must preregister for all in-person programs at the Center by calling the Program Office. Only a limited number of participants are allowed to attend each program. We will communicate with you any or any additional programs as they become approved and available by either phone or our website.
- Once you are registered and assigned a day for a program, fitness class or group, if you are unable to attend please call the Center as soon as possible and let us know you have to cancel.