



THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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

Phone: 516-922-1770 • Fax: 516-922-1788



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November 2020

We did it – we are open!!! It is wonderful to see all your (masked) faces. Thank you all for your 100% compliance with procedures, and your thoughtfulness and concern for the safety of others. It is the only way we are going to get through this. I am doing my part, writing from home, under quarantine since returning from my son's wedding in Florida. Try as I might to convince him to postpone the wedding, his new wife prevailed. You've heard the saying: "a son is a son 'til he gets his wife...".

As much as you may be tired of hearing about COVID (I believe they are calling it COVID fatigue), my message is to continue to be diligent! Stay masked, keep your social circle tight, and stay close to home, or else you will have to quarantine too. Take it from me – it is boring!

We are going to continue with the current schedule through November: In-house meals on Mon/Wed/Fri; Grab & Go meals on Tue/Wed/Thu; Delivery on Tuesdays. We will reevaluate in December and, based on the local infection rates, decide if we can expand our services.

In other news: we are hosting a virtual gala on November 7th! The gala is our biggest fundraiser for the year, and we rely on its proceeds to keep Center programs running. Instead of our usual in-person event with dinner, drinks, and dancing, we are presenting a virtual event via Zoom. Our supporters never cease to amaze me. Despite what little we have to offer compared to our past lavish galas, we have generous event sponsors and ticket buyers. There is still time to join the fun!

I cannot express how grateful we all are for the outpouring of support for the gala, and from our recent appeal. It is by far our most successful appeal ever. With no program revenue or fundraisers, your donations have kept our doors open. I like to believe in karma, and hope with all my heart that your generosity will come back to you twofold.

With much appreciation, Judy

Simply Giving Thanks

We are celebrating Thanksgiving a little differently this year. We will get to enjoy Anthony's delicious Thanksgiving lunch on three consecutive days so everyone will get an opportunity to participate one way or another in the celebration. The lunch will be served at the Center on Monday 11-23-20, Tuesday 11-24-20 (No Grab & Go on Tues.) and Wednesday 11-25-20 (plus Grab & Go). Please call the Program Office to preregister for your Thanksgiving lunch.

A Salute to Veterans

We will be honoring veterans in our community on Tuesday 11-10-20 starting at 11:30am.

Local groups of veterans are invited to present Military Colour Guard on the corner of East Main and White Streets. A special Grab & Go lunch will follow the ceremony.

Coming In December

- 79 Years Ago - Remembering Pearl Harbor on Monday 12-7-20 presentation with Mary at 11:30am
- Hannukah Celebration on Friday 12-11-20 with Traditions of Hannukah with Beth at 11:30am
- Holiday Gift Shoppe and Cookie Sale on Wed. 12-16-20, Thurs. 12-17-20 and Fri. 12-18-20 from 10:30am—3:30pm

Zoom For Dummies

Are you stupefied or frightened by the idea of using Zoom on your smartphone, tablet, or computer? Sign up now for our tutorial class on how to download, install and use Zoom! You'll learn things like navigating the Zoom website or finding it in the app store, joining a call, muting and unmuting yourself, turning your camera on and off, etc.

Bring your own device to one (or all) of our educational series on Zoom video calls, to be held at 2:00 pm each day (limit of 10 participants each day): Monday, November 9, Wednesday, November 11, and Friday, November 13. Break your social isolation and call the Center to reserve your seat today!

Virtual Programs

- Tai Chi w/Spencer through Glen Cove Senior Center* on Mon. at 2pm & Fri. at 3pm

- Chair Dancercise 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)

- Water Colour Studio with Alice on Tuesday at 10:15am

(For Zoom code and password please email Alice at hayden1009@msn.com)

In-Person Groups

- 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 now on Wednesdays at 1:00pm

(Must preregister for these groups with Beth by calling 516-922-1770 - only a limited number of participants are allowed in a group)

In-Person Fitness Classes

- Stretch and Balance with Judi - Classes are on Mondays at 11:00am and Wednesdays at 10:15am

- Strength Training with Judi - on Tuesdays at 8:30am and Wednesdays at 8:45am

- Creative Movement with Kathy - Class is on Tuesdays at 1:00pm

- Tai Chi with Spencer - Class is on Thursdays at 9:00am

- Gentle Flow Yoga with Patricia - Class on Thursdays at 10:30am

(Must preregister for all classes by calling the Program Office - only a limited number of participants are allowed in each class)

The LECOB Book Club with Adele

Wednesday 11-4-20 at 12:45pm to discuss *This Tender Land* by William Kent Krueger