



<b>Every Monday</b>	<b>Every Tuesday</b>	<b>Every Wednesday</b>	<b>Every Thursday</b>	<b>Every Friday</b>
9:00 Toning & Sculpting with Terri starts on 10-19-20 10:00 Yoga with Michelle on Zoom (email luca100707@gmail.com) 11:00 Stretch & Balance with Judi starts on 10-19-20	8:30 Strengthening Walk in the Park with Judi 7:15 Open Mic Night with Barbara & Ken on Zoom (email ken_krumenacker@excite.com)	8:30 Strengthening Walk in the Park w/Judi 9:00 Toning & Sculpting with Terri starts on 10-21-20 10:00 Stretch & Balance with starts on 10-14-20 12:00 Yoga with Michele on Zoom	9:00 Tai Chi with Spencer G 10:30 NEW Gentle Yoga Flow with Patricia starts 10-15-20	11:00 Yoga with Michelle on Zoom
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>1 Thursday</b>	<b>2 Friday</b>
All Fitness Classes at the Center cannot have more than 10 participants per class  Members must preregister for all classes, groups and activities by calling the Program office at 616-922-1770	<b>Broadway Show Week - Shows start at 11am</b> Monday 10-26 Funny Girl Tuesday 10-27 She Loves Me Wednesday 10-28 Into The Woods Thursday 10-29 Holiday Inn Friday 10-30-20 Peter Pan	For a virtual live-stream of the Oyster Bay Music Festival on Friday 10-2-20 at 11:30am please email chrisj@lecob.org for Zoom code  For those that do not have internet an audio option by phone is available by calling 646-558-8656 with Meeting ID: 81075106234 Password: 985807	9:00 Tai Chi with Spencer G in the Park 1:00 Crochet & Knit w/The Happy Hookers in the Park	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	10:15 Water Colour Studio with Alice on Zoom 11:00 Grumpy Old Men's Group in the Park 1:00 Line Dancing with Kathy in the Park	10:00 Flu Clinic w/Jamie from Rite Aid (Preregister for your flu shot) 10:30 Women of the Ages w/ Beth in the Park 12:45 Book Club with Adele on Zoom to discuss "Have You Seen Luis Valez" by Ryan Hyde email bethl@lecob.org for Zoom code	9:00 Tai Chi with Spencer G in the Park 1:00 Crochet & Knit w/The Happy Hookers in the Park	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	10:15 Water Colour Studio with Alice on Zoom 11:00 Grumpy Old Men's Group in the Park 1:00 Line Dancing with Kathy in the Park	10:30 Women of the Ages w/ Beth in the Park 11:15 Hearing Screening w/Dr. Jill from the Hearing Center of Plainview (15 min. for each screening—must preregister) 12:45 Mah Jongg in the front porch	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia 1:00 Crochet & Knit w/The Happy Hookers	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
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10:30 National Pumpkin Day—Pick Your Pumpkin to paint or decorate for the Halloween Week Celebration—You could win a prize for best pumpkin 12:45 Creative Writing with Katherine in the conference room	10:15 Water Colour Studio with Alice on Zoom 11:00 Meditation with Elisabeth 11:00 Grumpy Old Men's Group 1:00 Line Dancing with Kathy 4:00 *Teens Teach Technology-Virtual Program (lifeenrichmentntrob@gmail.com)	10:30 Women of the Ages w/ Beth 12:45 Mah Jongg in the front porch 4:00 *Teens Teach Technology-Virtual Program (lifeenrichmentntrob@gmail.com)	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia 1:00 Crochet & Knit w/The Happy Hookers 4:00 *Teens Teach Technology-Virtual Program (lifeenrichmentntrob@gmail.com)	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
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
11:00 Broadway Show Week - Featuring "Funny Girl" on the big screen in the main hall 12:45 Creative Writing with Katherine 12:45 Halloween Week with tricks and treats	9:30 Meet with Julie Abdo for help with plan changes—schedule your 20 minute apt. (Julie will also be at the Center on 11-12-20) 10:15 Water Colour Studio with Alice on Zoom 11:00 Grumpy Old Men's Group 11:00 Broadway Show Week - Featuring "She Loves Me" on the big screen 11:00 Meditation with Elisabeth 1:00 Line Dancing with Kathy	10:30 Women of the Ages w/ Beth 11:00 Broadway Show Week - Featuring "Into The Woods" on the big screen in the main hall 12:45 Halloween Week with tricks and treats 12:45 Mah Jongg in the front porch	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia 11:00 Broadway Show Week - Featuring "Holiday Inn" on the big screen in the main hall 1:00 Crochet & Knit w/The Happy Hookers	11:00 Broadway Show Week -Featuring "Peter Pan" on the big screen in the main hall 12:45 Halloween Week - Best Pumpkin Contest plus tricks and treats 1:00 Bingo Game w/Jennette & Linda Linda



# October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Make your reservations by 2pm the day before	Please specify either Grab & Go or Delivery when you make your reservations	Lunch reservations are required for our kitchen staff prepares enough lunches	<b>1</b> <u>Grab &amp; Go Only</u> Salisbury Steak w/gravy, mashed potatoes, peas & carrots, biscuit and dessert	<b>2</b>  No Lunch
<b>5</b>  No Lunch	<b>6</b> <u>Grab &amp; Go Only</u> BBQ Chicken, sweet potato fries, mixed vegetables, biscuit and dessert	<b>7</b> <u>Grab &amp; Go Only</u> Lem-on Chicken, rice pilaf, peas & onions, wheat bread and dessert	<b>8</b> <u>Grab &amp; Go Only</u> Turkey Chili, brown rice, mixed vegetables, crackers and dessert	<b>9</b>  No Lunch
<b>12</b>  No Lunch  <u>Columbus Day</u>	<b>13</b> <u>Grab &amp; Go Only</u> Breaded Pork Chop w/ gravy, baked sweet potato, zucchini, biscuit and dessert	<b>14</b> <u>Grab &amp; Go Only</u> Chicken Cacciatore, brown rice, spinach, wheat bread and dessert	<b>15</b> <u>Grab &amp; Go Only</u> Pasta with Broccoli garlic & oil, Chicken vegetable soup, Italian bread and dessert	<b>16</b>  No Lunch
<b>19</b>  No Lunch	<b>20</b> <u>Grab &amp; Go Only</u> Turkey Meatloaf with gravy, mashed potatoes, asparagus, roll and dessert	<b>21</b> <u>Grab &amp; Go Only</u> Chicken & Broccoli, rice, Asian style vegetables, egg roll and dessert	<b>22</b> <u>Grab &amp; Go Only</u> Herb Roasted Chicken, Potato soup, broccoli, wheat bread and dessert	<b>23</b>  No Lunch
<b>26</b>  No Lunch	<b>27</b> <u>Grab &amp; Go Only</u> Roast Turkey with gravy, mashed sweet potatoes, Brussels sprouts, biscuit and dessert	<b>28</b> <u>Grab &amp; Go Only</u> Meatball Parmesan Hero, tossed salad and dessert	<b>29</b> <u>Grab &amp; Go Only</u> Beef Burgundy with mushrooms over egg noodles peas & carrots, roll and dessert	<b>30</b>  No Lunch

**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 will be given a frozen meal while supplies last.
- We are waiting for information from Nassau County when we can begin holding in-person lunches. Once this is approved, 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 for the month of October. We will contact you to schedule you for lunch at the Center.
- 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 before entering.

## Program Instructions:

- We are waiting for information from Nassau County when we can begin holding in-person programs. Once this is approved, we will communicate with you about programs availability by phone and our website.
- 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 before entering.