



Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
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
Monday	Tuesday	Wednesday	1 Thursday	2 Friday
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	<u>Broadway Show Week</u> - Shows start at 11am 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	
5	6	7	8	9
	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	
12	13	14	15	16
	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
19	20	21	22	23
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
26	27	28	29	30
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