



# THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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## October 2020

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After seven long months, we are finally ready to reopen. We thought we were going to throw open the doors this week and welcome people back with open arms (no hugs). The menu is set, the programs are scheduled, and yet we wait. We hope to reopen in mid-October, but we are not announcing a date until it is set in stone! When we do open, social distancing will limit our programs to half capacity. It has been a challenge for the staff to develop a schedule of activities deemed safe in this new environment. We have also been tasked with keeping groups of people together, much like the pods schools are using. Members will be assigned the same lunch day every week. Classes will be limited to the same 10 people. These restrictions will loosen up in time but for now we need to start slow.

Here are some other things you need to know:

- All activities including lunches are by reservation only
- Congregate lunches will be Mon/Wed/Fri, limited to 30 people
- Grab-and-go lunch will still be available Monday through Friday
- You must be temperature checked and sign a health attestation when entering the building
- Enter the building through the front door, and exit through the back door
- MASKS ARE REQUIRED AT ALL TIMES
- PEOPLE MUST REMAIN 6 FEET APART
- WASH AND SANITIZE YOUR HANDS FREQUENTLY
- STAY HOME IF YOU ARE SYMPTOMATIC

We will have information posted in the building, and a full copy of our reopening plan will be available. The only way we will reopen safely (and stay open) is if people follow the rules. Our health is in each other's clean hands. Thank you for your patience and understanding. Keep your spirits up – we will be together soon!

Missing you, Judy

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### Oyster Bay Music Festival Concert

A special video was created especially for LEC with Maxim Lando (piano) introducing. The OBMF is very much a part of the community during their annual Festival, and provide high quality music via their highly talented young musicians to non-profits in Oyster Bay. They are thrilled to share the video with us!

The 25 minute concert which premiered on Friday, October 2 is available on our website, able to be viewed any time. We also plan on playing it for all in-person lunch groups when they resume.

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### Broadway Week

In our recent member survey, lots of members expressed interest in seeing Broadway shows! While Broadway in-person is still closed, we thought we'd recreate our own Broadway experience. If approved in time by Nassau County, lunch groups will be able to enjoy this in-person.

Starting daily at 11:00 am Mon 10/26 — Fri 10/30, we will stream shows over Zoom. A tablet or larger screen will be most enjoyable to view when watching from home. Call the Center to be emailed the web link.

Mon 10/26: Funny Girl / Tues 10/27: She Loves Me / Wed 10/28: Into the Woods  
Thurs 10/29: Holiday Inn / Fri 10/30: Peter Pan

## Teens Teach Technology

Teens Teach Technology is offering 3 consecutive days of easy-to-follow online learning courses tailored for seniors, starting Tuesday 10/20 at 4:00 pm each day. This is a free event.

Online participation is limited to 95 attendees. If approved by the County, there will be space for up to 15 members to attend in-person and follow along with the lessons in our main hall. Registration is required to attend this event online or in-person by calling us at 516-922-1770.

Teens Teach Tech is a youth-led organization based in Syosset to help seniors and adults who are struggling with technology. Their mission is to teach senior citizens and adults about modern technology, including basic techniques such as social media, daily applications, and entertainment. Read more about them at <https://www.teensteachtechnology.org/>

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## 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](http://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](mailto: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](mailto: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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## 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*

Returning Wed. 10/7 at 12:45pm (if County approved) to discuss *Have You Seen Luis Valez* by Catherine Ryan Hyde, and Wed. 11/4 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: "Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

-Anonymous (probably Mary & Nancy)