



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	8:45 Strength Training w/Judi 10:00 Strength Training w/Judi 11:00 Grumpy Old Men's Group 12:45 Meditation with Elisabeth 1:00 Creative Movement w/Kathy 7:15 Open Mic Night with Barbara & Ken on Zoom (email ken_krumenacker@excite.com)	8:45 Strength Training w/Judi 10:00 Stretch & Balance w/Judi 10:30 Women of the Ages w/ Beth 12:00 Yoga with Michele on Zoom 1:00 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
Monday	Tuesday	Wednesday	Thursday	1 Friday
<p>*Nassau County Office for The Aging temporarily closed senior centers. All In-Person activities including lunch, fitness classes, and support groups are suspended until further notice. We will contact members when we are able to resume activities indoors, hopefully in mid-January. Call the Center if you are interested in signing up for virtual programming, or email chrisj@lecob.org. Beginning January 4th, Grab & Go lunches will be available Monday through Friday (see menu on the other side).</p>				Center Closed Holiday
4	5	6	7	8
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 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 12:45 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 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 w/Jennette & Linda
11	12	13	14	15
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 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 12:45 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 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 w/Jennette & Linda
18	19	20	21	22
Center Closed Holiday	8:45 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio with Alice on Zoom 12:45 Meditation with Elisabeth 11:00 Grumpy Old Men's Group 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 Stretch & Balance with Judi	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 w/Jennette & Linda
25	26	27	28	29
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio with Alice on Zoom 12:45 Meditation with Elisabeth 11:00 Grumpy Old Men's Group 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 Stretch & Balance with Judi	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 w/Jennette & Linda



JANUARY 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Make your reservations by 2pm the day before	Lunch reservations are required for our kitchen staff prepares enough lunches			1 HAPPY NEW YEAR CENTER CLOSED Holiday
4 Grab & Go Only Hamburger with cheese, baked fries, coleslaw and dessert	5 Grab & Go Only Chicken Cacciatore with rice Florentine, carrots, wheat bread and dessert	6 Grab & Go Only Beef Stew, mashed potatoes, peas and carrots, roll and dessert	7 Grab & Go Only Turkey Chili, brown rice, broccoli, crackers, juice and dessert	8 Grab & Go Only Potato Crusted Cod, baked fries, mixed vegetables, roll and dessert
11 Grab & Go Only Stuffed Shells, chicken vegetable soup, garlic bread, juice and dessert	12 Grab & Go Only BBQ Chicken, coleslaw, corn, biscuit and dessert	13 Grab & Go Only Salisbury Steak, mashed potatoes, peas and carrots, roll and dessert	14 Grab & Go Only Eggplant Parmesan, tossed salad, spinach, Italian bread, dessert	15 Grab & Go Only Fish Oreganata, baked potato, peas & onions, whole wheat bread and dessert
18 CENTER CLOSED Holiday	19 Grab & Go Only Southern Baked Chicken and gravy, macaroni and cheese, spinach, juice and dessert	20 Grab & Go Only Tortellini Ala Vodka, minestrone soup, garlic bread, juice and dessert	21 Grab & Go Only Beef Burgundy, brown rice, mixed vegetables, whole wheat bread and dessert	22 Grab & Go Only Crab Cake with dill sauce, sweet potato fries, string beans, roll and dessert
25 Grab & Go Only Chicken Risotto with mushrooms, string beans, roll and dessert	26 Grab & Go Only Chicken Quesadilla, rice and beans, spinach, juice and dessert	27 Grab & Go Only Beer Battered Fish with tartar sauce, baked fries, coleslaw, biscuit, and dessert	28 Grab & Go Only Meatball Parmigiano Hero, tossed salad, juice and dessert	29 Grab & Go Only Personal Pizza, Minestrone soup, juice and dessert

Grab & Go Lunch Reservation Instructions:

- Members are required to preregister for Grab & Go lunches. We are now offering Grab & Go five days a week. Please make your reservations by 2pm the day before by calling the Center at 516-922-1770. If you can not get through on our main number, try calling 631-791-3181. If you did not preregister, you may only get a frozen meal while supplies last.
- We are no longer allowed to have seniors come into the Center for Lunch. This postponement will hopefully only be temporary. We will inform members when we can resume lunches inside the Center. We will communicate with you by phone/robo call and/or our website when lunches at the Center can resume.

Program Instructions:

- All in-person programs at the Center have been temporarily postponed. We will communicate with you by phone/robo call and/or our website when these programs, classes and groups can resume.
- 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.

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.