



FEBRUARY 2021: All in-person programs subject to change*

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	Friday

***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. Call the Center if you are interested in signing up for virtual programming, or email chrisj@lecob.org. Grab & Go lunches will be available Monday through Friday (see menu on the other side).**

1	2	3	4	5
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
8	9	10	11	12
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 11:30 Valentine's Day Lunch 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 11:30 Chinese New Year Lunch 1:00 Bingo Game w/Jennette & Linda
15	16	17	18	19
Center Closed Holiday	8:45 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio with Alice on Zoom 11:30 Mardi Gras Lunch 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
22	23	24	25	26
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FEBRUARY 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Grab & Go Only</u> Baked Ziti with Pomodoro sauce, tossed salad, zucchini, garlic bread and dessert	2 <u>Grab & Go Only</u> BBQ Boneless Chicken Thighs, coleslaw, corn, biscuit and dessert	3 <u>Grab & Go Only</u> Turkey Meatloaf with gravy, rice pilaf, string beans, juice, wheat bread and dessert	4 <u>Grab & Go Only</u> Chicken Cutlet with cranberry compote, baked potato, carrots, wheat bread and dessert	5 <u>Grab & Go Only</u> Pan Seared Tilapia with garlic & herbs, sweet potato fries, peas with onions, roll and dessert
8 <u>Grab & Go Only</u> Cheese Ravioli with Pomodoro sauce, Spinach bean soup, juice, garlic bread and dessert	9 <u>Grab & Go Only</u> Turkey Chili with beans, brown rice, tossed salad, juice, crackers and dessert	10 <u>Grab & Go Only</u> <u>Valentine's Day Lunch</u> Spaghetti & Meatballs, sauteed string beans, Italian bread and dessert	11 <u>Grab & Go Only</u> Eggplant Parmesan, spinach, juice, Italian bread and dessert	12 <u>Grab & Go Only</u> <u>Chinese New Year Lunch</u> Chinese Style Chicken and Broccoli, fried rice, Stir-fry vegetables, egg roll and dessert
15 CENTER CLOSED Holiday	16 <u>Grab & Go Only</u> <u>Mardi Gras Lunch</u> Chicken Jambalaya with rice, corn, juice, corn-bread and dessert	17 <u>Grab & Go Only</u> Beer Battered Cod Fish with tartar sauce, cous cous, spinach, wheat bread and dessert	18 <u>Grab & Go Only</u> Roast Turkey with gravy, mashed potatoes, string beans, biscuit and dessert	19 <u>Grab & Go Only</u> Herb Roasted Tilapia, baked tater tots, mixed vegetables, roll and dessert
22 <u>Grab & Go Only</u> Stuffed Pasta Shells with Pomodoro sauce, Italian blend veggies, juice, garlic bread and dessert	23 <u>Grab & Go Only</u> Herb Roasted Chicken and gravy, rice, peas and carrots, biscuit and dessert	24 <u>Grab & Go Only</u> Breaded Pork Chop, baked sweet potato, asparagus, roll and dessert	25 <u>Grab & Go Only</u> Salisbury Steak, mashed potatoes, mixed vegetables, wheat bread and dessert	26 <u>Grab & Go Only</u> Personal Pizza, Mine-strome soup, juice and dessert
Make your reservations by 2pm the day before	Lunch reservations are required for our kitchen staff prepares enough lunches			

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.