

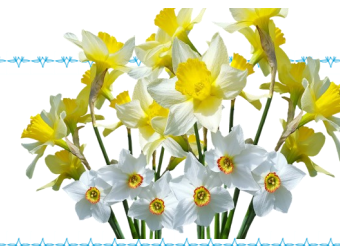


The Life Enrichment Center at Oyster





45 East Main Street · Oyster Bay, NY 11771 516-922-1770



April 2021



Programs Calendar & Menu can also be found at www.lecob.org

<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>10:00 Yoga with Michelle on Zoom (email luca100707@gmail.com)</p> <p>11:00 Stretch & Balance with Judi</p> <p>12:45 Creative Writing with Katherine</p> 	<p>8:45 Strength Training w/Judi</p> <p>10:00 Strength Training w/Judi</p> <p>10:00 Grumpy Old Men's Group</p> <p>12:45 Meditation with Elisabeth</p> <p>1:00 Creative Movement w/Kathy</p> <p>7:15 Open Mic Night w/Barbara & Ken</p> 	<p>8:45 Strength Training w/Judi</p> <p>10:00 Stretch & Balance w/Judi</p> <p>10:30 Women of the Ages w/ Beth</p> <p>12:00 Yoga with Michele on Zoom</p> <p>1:00 Crochet & Knit /The Happy Hookers</p> 	<p>9:00 Tai Chi with Spencer Gee</p> <p>10:30 Gentle Yoga Flow with Patricia</p> 	<p>10:30 Senior Chat with Betty Jo & Carmela in Conference room</p> <p>11:00 Yoga with Michelle on Zoom</p> <p>11:30 Brain Games</p> <p>1:00 BINGO with Jennette & Linda</p>
<p>April - From the Latin word <i>aperio</i>, "to open" (bud), because plants begin to grow during this month.</p>	<p><u>April Gardening Tips</u></p> <ul style="list-style-type: none"> • Clean up any winter debris such as branches and leaves in the yard • Clean up flower beds & clearly define them from the lawn by edging 	<p><u>April Gardening Tips (cont'd)</u></p> <ul style="list-style-type: none"> • Prepare your soil by adding environmentally safe nutrients • Keep vulnerable plants protected from frost—don't plant too early 	<p>1</p> <p>11:30 Easter Celebration Grab & Go Lunch with Easter Bonnet Drive By Parade</p>	<p>2</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>12</p> <p>11:45 Learn About Ramadan with Mary</p>	<p>13</p> <p>10:30 National Scrabble Game Day</p> <p>1:30 Activities meeting with Mary</p>	<p>14</p> <p>12:45 Book Club with Adele "The Extraordinary Life of Sam Hell"</p>	<p>15</p> <p>10:00 S.A.C. Meeting in Conference room</p> <p>12:45 Spring Craft Project with Sue and Margie</p>	<p>16</p> <p>10:00 Blood Pressure Screenings with Nurse Adrienne</p>
<p>19</p> <p>1:15 Baking with Mary—Cream Puff Demonstration</p>	<p>20</p> <p>11:30 Social Work Gab with Beth</p>	<p>21</p> <p>11:15 Get Ready for Earth Day with Christopher</p>	<p>22</p> <p>11:15 Share-a-Smile Program with Joanne, seniors sharing their letters</p>	<p>23</p> <p>12:45 Birthdays Celebration with a slice of cake</p> <p>2:00 Help set up the main hall for the Pancake Breakfast on April 25</p>
<p>26</p> <p>11:30 National Pretzel Day—sample different sizes and shapes</p>	<p>27</p> <p>10:00 Blood Pressure Screenings with Nurse Adrienne</p>	<p>28</p> <p>10:00 St. Francis Van Health Screening in front of the center until 2pm</p>	<p>29</p> <p>11:00 Help us plant a tree in front of the Center</p>	<p>30</p> <p>10:00 Blood Pressure Screenings with Nurse Adrienne</p>



April 2021 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Please make your reservations for lunch by 2pm the day before	The suggested lunch donation is \$5	All lunches include a dessert	1 <u>Easter Celebration</u> Roast Pork Loin w/ onion gravy, rice pilaf, asparagus, juice, and roll	2 Potato Crusted Cod, sweet potato fries, string beans, and biscuit
5 Cheese Ravioli w/ Pomodoro sauce, tossed salad, juice, and Italian bread	6 Lemon Chicken, rice pilaf, mixed vegetables, juice, and wheat bread	7 Cheeseburger w/ lettuce, tomato & pickle on bun, baked fries, and coleslaw	8 Breaded Chicken Cutlet w/chutney, wild rice blend, spinach, juice, and roll	9 Pan Seared Tilapia, mashed potatoes, riced vegetables, and wheat bread
12 Boneless BBQ Chicken, baked beans, broccoli, and biscuit	13 Breaded Pork Chop w/gravy, baked potato, mixed vegetable, and roll	14 Chicken Pot Pie, carrots, juice, and crackers	15 Rigatoni w/ Bolognese sauce, zucchini, juice, and garlic bread	16 Personal Pizza, Tomato Turkey chowder, and juice
19 Herb Roasted Chicken, wild rice blend, broccoli, and biscuit	20 Beef Burgundy w/ egg noodles, spinach, juice, and wheat bread	21 Spaghetti & Meatballs, mixed vegetables, juice, and garlic bread	22 Beer Battered Cod w/tartar sauce, baked fries, string beans, and wheat bread	23 <u>Birthday Day</u> Baked Ziti w/ Pomodoro sauce, tossed salad, juice & garlic bread
26 Turkey Chili, brown rice, mixed vegetables, and crackers	27 Asian BBQ Chicken, coleslaw, baked beans, and biscuit	28 Spinach Ravioli w/ Pomodoro sauce, Italian blend vegetables, juice, and garlic bread	29 Salisbury Steak w/ gravy, mashed potatoes, carrots, and wheat bread	30 Crab Cake w/ horseradish sauce, roasted potatoes, spinach, and roll

All meals are prepared fresh daily by Chef Anthony and Assistant Chef Dannette. They use quality ingredients in each and every meal they prepare and serve.

The above menu may be subject to change without notice due to circumstances beyond our control.

****RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM****

YOUR MEAL DONATION OF \$5 FOR GRAB&GO, \$4 FOR DINE-IN IS MUCH NEEDED & GREATLY APPRECIATED

No person will be denied a service because of inability to contribute.

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging, and the Town of Oyster Bay.