













The Life Enrichment Center at Oyster Bay
45 East Main Street · Oyster Bay, NY 11771 516-922-1770



May 2021



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

<p><u>Every Monday</u></p> <p>9:00 Low Impact Cardio Exercise with Terri 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine</p>	<p><u>Every Tuesday</u></p> <p>8:45 Strength Training w/Judi 10:00 Strength Training w/Judi 11:00 Grumpy Old Men's Group 12:45 Meditation w/Patricia 1:00 Creative Movement w/Kathy 7:15 Open Mic Night w/Barbara & Ken</p> 	<p><u>Every Wednesday</u></p> <p>8:45 Strength Training w/Judi 10:00 Stretch & Balance w/Judi 10:30 Women of the Ages w/Beth</p> 	<p><u>Every Thursday</u></p> <p>9:00 Low Impact Cardio Exercise w/Terri 10:30 Gentle Yoga Flow with Patricia 1:00 Crochet & Knit /The Happy Hookers</p> 	<p><u>Every Friday</u></p> <p>9:00 Tai Chi with Spencer Gee 10:30 Senior Chat w/Betty Jo & Carmela 11:30 Brain Games 1:00 BINGO with Jennette & Linda</p> 
<p>3</p> <p>9:00 Low Impact Cardio Exercise with Terri starts today 11:30 May Day - "Return of Spring" - The Origins with Mary</p>	<p>4</p> <p>11:00 Cornell Cooperative Cooking Demo with Tiffany & Ky Ee 12:00 National Orange Juice Day with Mary and Anthony</p>	<p>5</p> <p>11:30 Celebrate the Heritage of Cinco de Mayo followed by Lunch 1:00 Support Group with Beth</p> 	<p>6</p> <p>10:30 Mother's Day Celebration at the Park (ticket reservations required) 2:00 Caregiver's Group with Ruth 6:30 CERT Class until 9pm</p>	<p>7</p> <p>11:30 Chair Exercise in the main hall</p> 
<p>10</p> <p>10:45 "Enslavement & Espionage in The Revolution" discussion by Claire Bellerjeau</p>	<p>11</p> <p>11:00 Oyster Bay-East Norwich Schools Superintendent Dr. Ianni, on the State of our schools</p>	<p>12</p> <p>1:00 Support Group with Beth</p> 	<p>13</p> <p>10:30 S.A.C. Meeting 1:00 Craft Group with Sue & Margie 6:30 CERT Class until 9pm</p>	<p>14</p> <p>11:30 Special Brain Games with Beth "Quirky May Trivia"</p>
<p>17</p> <p>11:30 The History of BBQ with Mary and Anthony followed by BBQ Lunch</p> 	<p>18</p> <p>11:00 Nutrition Lecture with Mindy from Nassau County Office for the Aging</p>	<p>19</p> <p>12:45 Book Club with Adele, "The Sweetness of Forgetting" by Kristin Harmel 1:00 Support Group with Beth</p>	<p>20</p> <p>1:00 Craft Group with Sue & Margie 6:30 CERT Class until 9pm</p>	<p>21</p> <p>12:45 Birthday Day</p> 
<p>24</p> <p>11:30 Social Work Grab with Beth 1:00 American As Apple Pie Baking Demo with Mary</p>	<p>25</p> <p>12:45 Planting Essential Herbs in a pot</p> 	<p>26</p> <p>1:00 Support Group with Beth 1:30 Help Set Up for the Bake Sale</p>	<p>27</p> <p>10:00 Memorial Day Bake Sale until 3pm 6:30 CERT Class until 9pm</p>	<p>28</p> <p>10:00 Memorial Day Bake Sale until 3pm 11:45 Memorial Day Remembrance followed by Lunch</p>
<p>31</p> <p>CLOSED Happy Memorial Day</p>	<p><u>Gardening Tips for May</u></p> <ul style="list-style-type: none"> Decorate with hanging baskets such as geraniums, petunias, or verbena Spice up your garden with fragrant herbs like basil, rosemary, or cilantro 	<p><u>Gardening Tips for May (cont'd)</u></p> <ul style="list-style-type: none"> Bring on the butterflies by planting coneflowers, black-eyed Susan, or a butterfly bush 	<p>Are you looking to join a great fitness class? Try Spencer's Tai Chi Class on Fridays at 9am. Improve your mood, balance, and core strength.</p>	<p><u>Calling All Dancers</u></p> <p>If you are interested in joining Tap or Ballet Classes w/Terri in September, please call Mary or Nancy in the Program Office.</p>



May 2021 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Penne Ala Vodka, broccoli, juice, and garlic bread	4 <u>Orange Juice Day</u> Orange Dijon Chicken, salad with mandarin oranges, juice, and sweet roll	5 <u>Cinco de Mayo</u> Baja Fish Soft Taco, cabbage slaw, rice and beans, and juice	6 <u>Mother's Day Party</u> Chicken salad w/ cranberry & walnuts, on brioche roll, broccoli salad, and special dessert	7 Turkey Meatloaf w/gravy, rice pilaf, broccoli, juice, and wheat bread
10 Turkey Chili over brown rice, mixed vegetable, juice, and crackers	11 Chicken Cutlet with fruit chutney, mac & cheese, carrots, juice, and wheat bread	12 Cheeseburger w/ lettuce, tomato & pickle on bun, baked fries, and coleslaw	13 Breaded Chicken Cutlet w/chutney, wild rice blend, spinach, juice, and roll	14 Spaghetti and Meatballs, tossed salad, juice, and garlic bread
17 Boneless BBQ Chicken, baked beans, coleslaw, and biscuit	18 Salisbury Steak w/gravy, mashed potatoes, peas, and roll	19 Roast Pork Sandwich on garlic bread with duck sauce, mushroom soup, and juice	20 Cheese Ravioli w/ Pomodoro sauce, tossed salad, juice, and Italian bread	21 <u>BirthDay Day</u> Cheeseburger on bun w/ lettuce, tomato & pickle, sweet potato fries, and 3-bean salad
24 Shrimp Scampi over spaghetti, zucchini, juice, and Italian bread	25 Beer Battered Cod w/tartar sauce, baked fries, coleslaw, and roll	26 Beef Burgundy, brown rice, string beans, juice, and roll	27 Cheese Tortellini with Chicken and pesto sauce, tossed salad, juice, and garlic bread	28 <u>Memorial Day</u> BBQ Spare Ribs, sweet potato fries, coleslaw, and corn bread
31 Center Closed for Memorial Day		Make your reservations for lunch by 2pm the day before	Suggested lunch donation is \$5.00	All lunches include a dessert

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 \$5.00 is 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.