













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>