




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



JULY



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

<p>Every Monday</p> <p>9:00 Low Impact Cardio Exercise with Terri</p> <p>12:45 Creative Writing with Katherine</p>	<p>Every Tuesday</p> <p>8:45 Strength Training w/Judi</p> <p>10:00 Strength Training w/Judi</p> <p>11:00 Grumpy Old Men's Group</p> <p>12:45 Meditation w/Patricia</p> <p>1:00 Creative Movement w/Kathy</p> <p>7:15 Open Mic Night w/Barbara & Ken</p> 	<p>Every Wednesday</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>12:45 Food Shopping Bus to Stop & Shop</p> 	<p>Every Thursday</p> <p>9:00 Low Impact Cardio Exercise w/Terri</p> <p>10:30 Gentle Yoga Flow with Patricia</p> <p>1:00 Crochet & Knit /The Happy Hookers</p> 	<p>Every Friday</p> <p>9:00 Tai Chi with Spencer Gee</p> <p>10:30 Senior Chat w/Betty Jo & Carmela</p> <p>11:30 Brain Games</p> <p>1:00 Bingo with Jennette & Linda</p> 
	<p>The last day for grab & go meals is Thursday 7-1-21. Starting on Tuesday 7-6-21, you will be able to reserve a take-out lunch. You will have to come into the Center between 11am & 11:30am for pick up.</p>	<p>The LECOB Bus will be taking members food shopping to Stop & Shop starting Wed. 7-7-21 after lunch at 12:45pm. If you are interested, please sign up with the Program Office.</p> 	<p>1</p> <p>11:30 Oyster Bay Music Festival</p> 	<p>2 4th of July Celebration</p> <p>11:30 Patriotic Songs w/ Oyster Bay Music Festival followed by Lunch</p> <p>1:00 Bingo (Reverse Raffle Kickoff)</p> 
<p>5</p> <p>Center Closed Holiday</p>	<p>6</p> <p>11:00 Oyster Bay Music Festival Finale</p> <p>1:00 Super Bingo</p> 	<p>7</p> <p>11:00 Nassau County Nutrition Program with Dietician Khy Ee</p> <p>12:45 Food Shopping Bus to Stop & Shop</p>	<p>8</p> <p>10:30 S.A.C. Meeting</p> <p>12:45 Smart 911 Initiative w/ Councilwoman Vicki Walsh (A Bushel & A Peck Project)</p> <p>2:00 Caregiver's Group with Ruth</p>	<p>9</p> <p>11:30 Brain Games</p> <p>1:00 Bingo</p> 
<p>12</p> <p>10:45 Coffee Appreciation Day with a complementary cup</p> <p>11:45 Tell A Joke Day</p>	<p>13</p> <p>11:30 Clear Caption with Patricia Barna</p> <p>1:00 Tuesday Bingo</p>	<p>14</p>  <p>11:30 Virtual Trip to Israel - Fun Facts and Authentic Israeli style lunch</p> <p>12:45 Food Shopping Bus to Stop & Shop</p>	<p>15</p> <p>11:00 LGBTQ Community 101</p> <p>1:00 Craft Group with Sue & Margie</p>	<p>16</p> <p>11:45 What Happened in the month of July in the year 1955</p> <p>1:00 Bingo</p>
<p>19</p> <p>11:30 Pros & Cons of Medicare with Beth</p>	<p>20</p> <p>11:00 Learn About Medicare with Counselor Barry Klitsberg</p> <p>1:00 Tuesday Bingo</p> <p>6:45 Open Mic Night LIVE w/Barb & Ken</p>	<p>21</p>  <p>10:00 Farmer's Market Coupon Day & The Veggie Van sponsored by Nassau County until 12 noon</p> <p>11:30 Brunch Day—No Lunch today</p>	<p>22</p>  <p>11:30 Virtual Day at the Beach with fun games followed by picnic style lunch</p> <p>1:00 Craft Group with Sue & Margie</p>	<p>23</p> <p>11:30 Brain Games</p> <p>1:00 Bingo</p>
<p>26</p> <p>10:45 Bagel Fest Day with mini bagels assorted spreads</p>	<p>27</p> <p>11:45 Melon Appreciation Day</p> <p>1:00 Tuesday Bingo</p>	<p>28</p> <p>12:45 Birthday Day</p> <p>1:15 Food Shopping Bus to Stop & Shop</p> 	<p>29</p> <p>12:45 Hurricane Preparedness with Nassau County</p> <p>2:00 Caregiver's Group with Ruth</p>	<p>30</p> <p>11:30 Brain Games</p> <p>1:00 Bingo</p>



July 2021 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make your reservations for lunch by 2pm the day before</p>	<p>Suggested lunch donation is \$5.00</p>	<p>All lunches include a dessert</p>	<p>1 Baked Ziti w/sauce & cheese, tossed salad, zucchini, and Italian bread</p> <p>or Tuna on wheat</p>	<p>2 <u>July 4th Party</u> BBQ Pulled Chicken on roll, cole-slaw, and French fries</p> <p>no cold lunch</p>
<p>5 Center Closed Holiday</p>	<p>6 Grilled Chicken Caesar salad, beef salad, juice, and garlic bread</p>	<p>7 Baked Pork Chop, wild rice blend, spinach, juice, and wheat bread</p> <p>or Turkey on wheat</p>	<p>8 Roast Beef & Swiss on roll w/horseradish sauce, potato salad, and 3-bean salad</p>	<p>9 Salisbury Steak w/ gravy, mashed potatoes, peas & carrots, and biscuit</p> <p>or Roast Beef on wheat</p>
<p>12 Rice Ball with meat & peas, tossed salad, juice, and bread stick</p> <p>or Tuna on wheat</p>	<p>13 Chicken Cutlet with fruit chutney, mac & cheese, carrots, juice, and biscuit</p> <p>or Turkey on wheat</p>	<p>14 <u>Virtual Trip - Israel</u> Chicken Shwarma w/hummus tahina, Israeli salad, French fries, and pocket pita</p> <p>no cold lunch</p>	<p>15 Fresh Mozzarella w/ roasted peppers on French bread, veggie pasta salad, and juice</p>	<p>16 Baja Fish Soft Taco on flour tortilla, cabbage slaw, rice and beans, juice,</p> <p>or Turkey on wheat</p>
<p>19 Orrechetti with broccolli pesto, Greek salad, juice, and garlic bread</p> <p>or Turkey on wheat</p>	<p>20 BBQ Chicken, beef salad, corn, and biscuit</p> <p>or Turkey on wheat</p>	<p>21 <u>Brunch Day</u> Scrambled Eggs w/ cheese, hash brown, blueberry pancake, and juice</p> <p>Brunch served at 11am</p>	<p>22 Turkey hero w/lettuce, tomato, avocado & chipotle mayo, veggie pasta salad, and juice</p>	<p>23 Egg Salad on roll with lettuce & tomato, German potato salad, juice</p>
<p>26 Personal Pizza, Vegetable soup, juice, and crackers</p> <p>or Tuna on wheat</p>	<p>27 Smoked Chicken Cobb salad, juice, and bread stick</p>	<p>28 <u>Birthday Day</u> Spaghetti & Meatballs, field green salad, juice, & garlic bread</p> <p>no cold lunch</p>	<p>29 Beer Battered Cod Fish, baked fries, coleslaw, and biscuit</p> <p>or Egg Salad on wheat</p>	<p>30 Herb Roasted Chicken, wild rice, broccolli, juice, and wheat bread</p> <p>or Tuna on wheat</p>

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.