




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>