



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



August



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>
12:45 Creative Writing with Katherine 2 11:45 August is Peach month - Learn about all the different varieties of peaches available	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 1:00 Bridge Game 3 11:00 Sammy the "Super Star" performs 1:00 Super Bingo 1:00 Bridge Game	8:45 Strength Training w/Judi 10:00 Stretch and Balance w/Judi 10:30 Women of the Ages w/Beth 4 1:00 Decorating Committee meet for End of Summer Party decor	9:00 Tai Chi with Spencer Gee 10:30 Gentle Yoga Flow with Patricia 1:00 Crochet & Knit /The Happy Hookers 5 11:30 August Trivia with Mary - Why are there two flowers for the month of August?	10:30 Senior Chat w/Betty Jo & Carmela 11:30 Brain Games 1:00 Bingo with Jennette & Linda 6 11:15 Celebrating LECOB Pandemic Heroes 1:00 Bingo 1:00 Trip to The Bird Sanctuary
9 11:30 National Book Lover's Day - Bring in your favorite book	10 11:15 Physical Therapist Julian speaking on Problems with Balance 1:00 Tuesday Bingo 1:00 Bridge Game	11 1:00 Decorating Committee meet for End of Summer Party decor	12 11:30 National Vinyl Record Day - Bring in your vinyl records 1:00 Craft Group with Sue & Margie "Be a Busy Bee"	13 10:00 The Veggie Van sponsored by Nassau County until 12 noon 11:30 Brain Games 1:00 Bingo
16 11:15 Social Work Chat with Beth	17 11:30 Share A Smile Program 1:00 Tuesday Bingo 1:00 Bridge Game	18 <u>End of The Summer Party</u> 5:30 Let's Party in Margaritaville Key West Style Dinner followed by Entertainment by Louis Del Prete (Ticket reservations required)	19 2:00 Caregiver's Group with Ruth	20 11:30 Brain Games 11:50 What Happened in the year 1921? 1:00 Bingo
23 1:15 Baking Demo with Mary- Peach Pie	24 1:00 Tuesday Bingo 1:00 Bridge Game	25 12:45 Birthday Day	26 11:00 Simple Meals for One or Two with Khy Ee from Cornell Cooperative 1:00 Craft Group with Sue & Margie "String Pull Painting"	27 11:30 Brain Games 1:00 Bingo
30 11:30 Tell A Story Day	31 1:00 Tuesday Bingo 1:00 Bridge Game	If you did not already receive your coupon book, the Farmer's Market Coupons are still available in the Program Office while supplies last.		"Summer has always been good to me, even the bittersweet end, with the slanted yellow light." ~Paul Monette~