



September



<p>Every Monday</p> <p>9:00 Low Impact Cardio w/ Terri starts 9-13-21 11:00 NEW Hatha Yoga (Integrated) w/ Patricia starts 9-13-21 12:45 Creative Writing w/ Katherine</p>	<p>Every Tuesday</p> <p>9:00 Advanced Strength Training w/Judi 10:15 Strength Training starts on 9-14-21 11:00 Grumpy Old Men's Group 12:45 Meditation w/Patricia starts on 9-14-21 1:00 Creative Movement w/Kathy 1:00 Bridge Game</p>	<p>Every Wednesday</p> <p>9:00 Low Impact Cardio w/ Terri 10:00 Tap Class w/ Terri starts 9-15-21 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 11:00 Gentle Yoga Flow with Patricia (New Day and Time)</p>	<p>Every Thursday</p> <p>9:00 Advanced Strength Training w/Judi 10:15 Strength Training w/Judi 1:00 Crochet & Knit /The Happy Hookers</p>	<p>Every Friday</p> <p>9:00 Low Impact Cardio w/ Terri starts 9-15-21 10:30 Senior Chat w/Betty Jo & Carmela 10:30 Tai Chi with Spencer Gee 11:30 Brain Games 1:00 Bingo with Jennette & Linda 1:00 Bridge Game</p>
<p>"O sweet September, thy first breezes bring, the dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring, and promise of exceeding joy hereafter." ~ George Arnold, September Days ~</p>		<p>1 11:00 Gentle Flow Yoga 11:45 National Chicken Boy Day</p>	<p>2 1:00 Craft Group with Sue & Margie Faux Macrame</p>	<p>3 10:30 Tai Chi with Spencer Gee 1:00 Bingo 11:30 Brain Games</p>
<p>6 Center Closed Holiday</p>	<p>7 1:00 Tuesday Bingo 1:00 Bridge Game 1:00 Creative Movement w/Kathy</p>	<p>8 11:00 Gentle Flow Yoga 5:30 Reverse Raffle Dinner Raffle Drawing after dinner</p>	<p>9 10:15 The Veggie Van sponsored by Nassau County Office For The Aging & Cornell Cooperative until 11:45 2:00 Caregiver's Group with Ruth</p>	<p>10 10:30 Tai Chi with Spencer Gee 11:30 Brain Games 1:00 Bingo</p>
<p>13 9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/ Patricia 11:00 Senior Medical ID Cards Sponsored Josh Lafazan & NY Life Ins.</p>	<p>14 9:00 Advanced Strength Training w/Judi 10:00 Beginning Water Colour w/ Alice 10:15 Strength Training w/Judi 1:00 Super Bingo 1:00 Bridge Game</p>	<p>15 9:00 Low Impact Cardio w/ Terri 10:00 Tap Class w/ Terri (No Women of the Ages today) (No Yoga class today)</p>	<p>16 10:30 S.A.C. Meeting 11:00 Power Up with Breakfast with Khy Ee from Cornell Cooperative 1:00 Craft Group with Sue & Margie Fall Decor</p>	<p>17 10:30 Tai Chi with Spencer Gee 11:30 Brain Games 1:00 Bingo</p>
<p>20 11:15 Social Work Chat with Beth</p>	<p>21 10:00 Beginning Water Colour w/ Alice 11:15 Stroke Prevention w/ R.N. Rose 1:00 Tuesday Bingo 1:00 Bridge Game 6:30 Open Mic Night LIVE</p>	<p>22 12:45 Delicious Dessert with Chef Pat from The Regency 1:00 "A Place To Call Home" TV Series</p>	<p>23 10:15 The Veggie Van sponsored by Nassau County Office For The Aging & Cornell Cooperative until 11:45 11:15 Homecoming Celebration 2:00 Caregiver's Group with Ruth</p>	<p>24 10:30 Tai Chi with Spencer Gee 11:30 Brain Games 1:00 Bingo</p>
<p>27 11:30 National Scarf Day—wear your favorite scarf</p>	<p>28 10:00 Continuing Water Colour w/ Alice 11:15 Learn Stretch & Balance Exercise w/ Professor Veronica & NYIT Students 1:00 Tuesday Bingo</p>	<p>29 12:45 Birthday Day 1:15 "A Place To Call Home" TV Series</p>	<p>30 11:15 Crimes & Scams w/ Manda & Nora from Family & Children's Assoc. & Crime Victims Assoc. 12:45 Water Colour Painting Postcards w/ Alice - Watching Stars Thru Trees</p>	<p>BEWARE OF WELL... JUST BEWARE</p>



September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make your reservations for lunch by 2pm the day before</p>	<p>All lunches include a dessert</p>	<p>1 Turkey Stuffed Pepper with sauteed spinach, juice, and wheat bread or Tuna salad on wheat</p>	<p>2 Breaded Chicken Culet w/cranberry, macaroni & cheese, Italian blend veggies juice, and biscuit or Roast Beef on wheat</p>	<p>3 Herb Roasted Tilapia, baked potato, roasted carrots, and roll or Egg salad on wheat</p>
<p>6 Center Closed Holiday</p>	<p>7 Cheese Ravioli with Meat sauce, tossed salad, juice, and garlic bread or Tuna salad on wheat</p>	<p>8 <u>Brunch Day at 11:30</u> Eggs with Potatoes and Onions, field green salad with pears & walnuts, and English muffin <u>No lunch Today</u></p>	<p>9 Chicken Quesadilla on flour tortilla with salsa, rice & beans, Vegetable Fiesta or Tuna salad on wheat</p>	<p>10 Crab Cake with dill sauce, herb roasted potatoes, string beans, and roll or Egg salad on wheat</p>
<p>13 Spaghetti & Meatballs with Pomodoro sauce, tossed salad, juice, and garlic bread or Tuna salad on wheat</p>	<p>14 Baked Pork Chop, w/apple sauce, baked sweet potato, corn bread or Egg salad on wheat</p>	<p>15 Lemon Chicken, stuffed zucchini, quinoa salad, and wheat bread or Tuna salad on wheat</p>	<p>16 BBQ Pulled Chicken 3-bean salad, coleslaw, and biscuit or Egg Salad on wheat</p>	<p>17 Salmon Filet with horseradish sauce, roasted potatoes, Brussels sprouts, and biscuit or Tuna salad on wheat</p>
<p>20 Cheese Tortellini with Ala Vodka sauce, Greek salad, broccoli, and garlic bread or Tuna salad on wheat</p>	<p>21 Chinese Roast Pork with fried rice, stir fry vegetables, juice, and egg roll or Egg Salad on wheat</p>	<p>22 Grilled Cheese Sandwich on wheat bread, Tomato soup, juice, bread or Tuna salad on wheat</p>	<p>23 <u>Home Coming</u> Tuscan Style Meatloaf w/tomato topping, mashed potatoes, string beans, and roll <u>No cold lunch</u></p>	<p>24 Personal Pizza, Minestrone Soup, and juice or Egg Salad on wheat</p>
<p>27 Arroz Con Pollo (Chicken & rice), broccoli, juice, and bread or Tuna salad on wheat</p>	<p>28 Stuffed Pasta Shells with Pomodoro sauce, Italian blend vegetables, juice, and garlic bread or Egg Salad on wheat</p>	<p>29 <u>Birthday Day</u> Cheese Burger on bun w/ lettuce, tomato & pickles, baked French fries, and coleslaw <u>No cold lunch</u></p>	<p>30 Herb Roasted Chicken w/ gravy, mashed potatoes, peas, and biscuit or Tuna salad on wheat</p>	<p>Suggested lunch donation is \$5.00</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.