



# The Life Enrichment Center at Oyster

45 East Main Street · Oyster Bay, NY 11771 516-922-1770



# October



Programs Calendar & Menu can also be found at [www.lecob.org](http://www.lecob.org)

<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine	9:00 Advanced Strength Training w/Judi 10:15 Strength Training w/Judi 10:30 Grumpy Old Men's Group 10:45 NEW Exercise To Music w/Jill 12:45 Meditation w/Patricia 1:00 Creative Movement w/Kathy 1:00 Bridge Game	9:00 Low Impact Cardio w/Terri 10:00 Tap Class w/Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 11:00 Gentle Yoga Flow with Patricia	9:00 Advanced Strength Training w/Judi 10:15 Strength Training w/Judi 1:00 Crochet & Knit /The Happy Hookers	9:00 Low Impact Cardio w/ Terri 10:30 Senior Chat w/Betty Jo & Carmela 10:30 Tai Chi with Spencer Gee 11:30 Brain Games w/Beth 1:00 Bingo with Jennette & Linda 1:00 Bridge Game 1:15 Ballroom Dancing w/Vladimir
<p><i>"Autumn doesn't always promise that winter will come, but she works hard until every colored leaf has reached its destination."</i></p> 	<p><b>Get Your Flu Shot at LECOB</b>            We are teaming up with Jamie from Rite Aid Pharmacy on Tues. 10-19-21 from 10am - 12pm (Register in the Program Office)</p>	<p><b>Shop at The LECOB Creative Fall Festival Market</b>            on Sat. 11-6-21 from 10:30am - 3:30pm in the main hall and lobby of the Center            Featuring local crafters and vendors</p>	<p>Please sign up in the Program Office for Creative Crafts with Sue &amp; Margie on Thurs.</p> <p>9-07 Creative Holiday Wreaths at 1pm            9-14 Holiday Vases at 10:30am            9-21 Holiday Ornaments at 10:30am</p>	<p><b>1</b>            11:30 Speaker Assemblymember Chuck Lavine            1:00 Bingo            1:15 Ballroom Dancing w/Vladimir</p>
<p><b>4</b>            11:00 Hatha Yoga (Integrated) w/Patricia            12:45 Creative Writing w/ Katherine</p>	<p><b>5</b>            10:00 Continuing Water Colour w/Alice            10:45 NEW Exercise To Music - Fitness w/Jill McKenna            11:15 Celebrate Sheila Cisco's Life            1:00 Super Bingo</p>	<p><b>6</b>            11:00 Gentle Flow Yoga w/ Patricia            1:00 A Place To Call Home - TV Series</p>	<p><b>7</b>            10:15 The Veggie Van sponsored by NCOFA &amp; Cornell Cooperative until 11:45            10:30 S.A.C. Meeting            1:00 Creative Crafts w/ Sue &amp; Margie            2:00 Caregiver's Group with Ruth</p>	<p><b>8</b>            11:30 Brain Games w/Beth            1:00 Bingo            1:15 Ballroom Dancing w/Vladimir</p>
<p><b>11</b>            11:00 Hatha Yoga (Integrated) w/Patricia            11:30 Columbus Day Celebration with Lunch and Music by Tony Grant</p>	<p><b>12</b>            10:45 NEW Exercise To Music w/Jill            11:15 Speaker Julie Abdo with Changes in Medicare Plans            1:00 Bingo</p>	<p><b>13</b>              11:30 Oktoberfest Day with Virtual Trip to Germany followed by Authentic German Style Lunch at 12 noon            1:00 A Place To Call Home - TV Series</p>	<p><b>14</b>            10:30 Craft Group with Sue &amp; Margie            11:15 Mindful Eating with Khy Ee from Cornell Cooperative            12:45 Paintings from Sagamore Hill by American Artists with Janet Parga</p>	<p><b>15</b>            11:30 Brain Games w/Beth            1:00 Bingo            1:15 Ballroom Dancing w/Vladimir</p>
<p><b>18</b>            11:00 Hatha Yoga (Integrated) w/Patricia            11:15 Social Work Chat with Beth            12:45 Creative Writing w/ Katherine</p>	<p><b>19</b> <u>FLU Clinic today 10am-12pm</u>            w/Jamie from Rite Aid Pharmacy            10:00 Continuing Water Colour            11:15 "Project Hope" Emotional Help in Times of COVID w/Debra Soon            1:00 Tuesday Bingo            6:30 Open Mic Night LIVE</p>	<p><b>20</b>            11:15 Speaker Ann from Clear Caption Phone            12:45 Birthday Day              1:00 A Place To Call Home - TV Series</p>	<p><b>21</b>            10:15 The Veggie Van sponsored by NCOFA &amp; Cornell Cooperative until 11:45            10:30 Craft Group with Sue &amp; Margie            12:45 Family Feud with Carolyn from Excel            2:00 Caregiver's Group with Ruth</p>	<p><b>22</b>            11:30 Brain Games w/Beth            1:00 Bingo            1:15 Ballroom Dancing w/Vladimir</p>
<p><b>25</b>            11:00 Hatha Yoga (Integrated) w/Patricia            11:30 National Chocolate Covered Pretzel Day - Yum!</p>	<p><b>26</b>            10:00 Continuing Water Colour w/ Alice            11:30 Brunch Day - No Lunch Today            1:00 Tuesday Bingo            1:00 Bridge Game</p>	<p><b>27</b>              5:30 Halloween Costume Party Dinner            Special Entertainment with Louis Del Prete            (Sorry No Lunch Today – Dinner only)</p>	<p><b>28</b>            10:00 St. Francis Outreach Van until 2pm            12:45 Water Colour Painting Postcards w/ Alice - Stary Nights in the Cosmos upstairs in the card room            12:45 Genealogy with Kerri Tannenbaum</p>	<p><b>29</b>            11:30 Brain Games w/Beth            1:00 Bingo            1:15 Ballroom Dancing w/Vladimir</p>





**October 2021 Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
Make your reservations for lunch by 2pm the day before	Specify either a hot or cold lunch when making your reservations	Suggested lunch donation is \$3.00	All lunches include a dessert	1 Homemade Manicotti w/sauce, tossed salad, juice, and garlic bread or Tuna on wheat
4 Chicken Vegetable Soup, tossed salad w/chic peas, juice, and sweet roll or Tuna on wheat	5 Baked Fried Chicken, mashed potatoes, peas, and wheat bread <u>No cold lunch</u>	6 Meatballs Parmigiano Hero, tossed salad, and juice or Egg Salad on wheat	7 Beef Burgundy w/ mushrooms, egg noodles, carrots, juice, and roll or Tuna on wheat	8 Personal Pizza, Minestrone Soup, and juice or Turkey on wheat
11 <u>Columbus Day</u> Lasagna Roll Up, antipasto salad, juice, and garlic bread <u>No cold lunch</u>	12 BBQ Chicken, sweet potato fries, green beans, and wheat bread or Egg salad on wheat	13 <u>October Festival</u> Wiener Schnitzel (Pork), German style red cabbage, Bratkartoffeln (potatoes), and roll <u>No cold lunch</u>	14 Chicken Souvlaki w/tzatziki sauce, lemon potatoes, stuffed grape leaves, juice, and pita bread or Roast Beef on wheat	15 Baja Fish Tacos w/ salsa & guacamole, rice & beans, clear slaw, and juice or Egg Salad on wheat
18 Stuffed Pasta Shells w/sauce, Spinach & bean soup, juice, and garlic bread or Tuna on wheat	19 Turkey Meatloaf w/gravy, mashed potatoes, asparagus, and roll or Egg Salad on wheat	20 <u>Birthday Day</u> Chicken Cutlet w/ fruit chutney, mac & cheese, carrots, juice, and biscuit <u>No cold lunch</u>	21 Herb Roasted Chicken baked potato, broccoli, and wheat bread or Tuna on wheat	22 Potato Crusted Cod w/tartar, tater tots, string beans, and wheat bread or Egg Salad on wheat
25 Pasta w/Escarole & Beans with Chicken, carrots, juice, and garlic bread or Tuna on wheat	26 <u>Brunch</u> Eggs Florentine, hash browns, juice, and English muffin <u>No lunch today</u>	27 <u>Halloween Party</u> Road Kill Ribs, twice mutilated potatoes, mixed veggies, and killer biscuits <u>No Lunch today</u>	28 Hamburger with lettuce, tomato & pickles on a bun, waffle fries, and coleslaw or Egg Salad on wheat	29 Lemon Chicken, baked potato, broccoli, and wheat bread or Roast Beef on wheat

**\*\*RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM\*\***

YOUR MEAL DONATION OF \$3.00 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.