



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

<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>Get Your Flu Shot at LECOB 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>Shop at The LECOB Creative Fall Festival Market 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 & 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>1 11:30 Speaker Assemblymember Chuck Lavine 1:00 Bingo 1:15 Ballroom Dancing w/Vladimir</p>
<p>4 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine</p>	<p>5 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>6 11:00 Gentle Flow Yoga w/ Patricia 1:00 A Place To Call Home - TV Series</p>	<p>7 10:15 The Veggie Van sponsored by NCOFA & Cornell Cooperative until 11:45 10:30 S.A.C. Meeting 1:00 Creative Crafts w/ Sue & Margie 2:00 Caregiver's Group with Ruth</p>	<p>8 11:30 Brain Games w/Beth 1:00 Bingo 1:15 Ballroom Dancing w/Vladimir</p>
<p>11 11:00 Hatha Yoga (Integrated) w/Patricia 11:30 Columbus Day Celebration with Lunch and Music by Tony Grant</p>	<p>12 10:45 NEW Exercise To Music w/Jill 11:15 Speaker Julie Abdo with Changes in Medicare Plans 1:00 Bingo</p>	<p>13  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>14 10:30 Craft Group with Sue & 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>15 11:30 Brain Games w/Beth 1:00 Bingo 1:15 Ballroom Dancing w/Vladimir</p>
<p>18 11:00 Hatha Yoga (Integrated) w/Patricia 11:15 Social Work Chat with Beth 12:45 Creative Writing w/ Katherine</p>	<p>19 <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>20 11:15 Speaker Ann from Clear Caption Phone 12:45 Birthday Day  1:00 A Place To Call Home - TV Series</p>	<p>21 10:15 The Veggie Van sponsored by NCOFA & Cornell Cooperative until 11:45 10:30 Craft Group with Sue & Margie 12:45 Family Feud with Carolyn from Excel 2:00 Caregiver's Group with Ruth</p>	<p>22 11:30 Brain Games w/Beth 1:00 Bingo 1:15 Ballroom Dancing w/Vladimir</p>
<p>25 11:00 Hatha Yoga (Integrated) w/Patricia 11:30 National Chocolate Covered Pretzel Day - Yum!</p>	<p>26 10:00 Continuing Water Colour w/ Alice 11:30 Brunch Day - No Lunch Today 1:00 Tuesday Bingo 1:00 Bridge Game</p>	<p>27  5:30 Halloween Costume Party Dinner Special Entertainment with Louis Del Prete (Sorry No Lunch Today – Dinner only)</p>	<p>28 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>29 11:30 Brain Games w/Beth 1:00 Bingo 1:15 Ballroom Dancing w/Vladimir</p>

