



The Life Enrichment Center at Oyster

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



November



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/John 10:15 Strength Training w/John 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 Mah Jongg 10:00 Women of the Ages w/Beth  11:00 Gentle Yoga Flow with Patricia (Reminder No Yoga Class on 11-3-21)	9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 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 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine 12:45 Music by Oyster Bay High School Chamber Players	2 10:00 Continuing Water Colour w/Alice 3 Sessions-Autumn Flowers & Sights 10:45 Exercise To Music - Fitness w/Jill McKenna 1:00 Super Bingo	3 11:00 Getting Creative with Tai Chi w/ Spencer Gee & Maria Campanella accompanied by Andrew Soter and Figurines by Joan Digby 1:00 A Place To Call Home - TV Series	4 12:45 Creative Crafts w/ Sue & Margie Please preregister in Program Office 2:00 Caregiver's Group with Ruth	5 11:30 J. P. Murphy—Why Poetry Matters 1:00 Bingo 2:30 Help set up for the Creative Fall Vendor Market on Sat 11-6-21 (Reminder-Daylight Saving ends 11-7)
8 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine	9 10:00 Continuing Water Colour w/Alice 10:45 Exercise To Music - Fitness w/Jill McKenna 1:00 Bingo	10  11:30 Veterans Day Celebration with Presentation of Color guard by Local Veteran Groups 1:00 A Place To Call Home - TV Series	11 10:30 S.A.C. Meeting 11:00 Dr. Recher from Mid Island Audiology on Hearing Technology 12:45 Creative Crafts w/ Sue & Margie Please preregister in Program Office	12 11:30 Brain Games w/Beth 1:00 Bingo
15 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine 1:15 Pie Baking Demo w/ Mary Coconut Custard & Pecan	16 10:00 Continuing Water Colour w/Alice 11:15 Alzheimer's & Dementia w/ Speaker Melissa Katz sponsored by O.B. Manor 1:00 Bingo 6:30 Open Mic Night LIVE	17 10:30 Holiday Gift Shoppe from until 2:30 12:45 Birthday Day 1:00 A Place To Call Home - TV Series 	18 10:30 Holiday Gift Shoppe from until 2:30 11:15 Portion Size Bingo w/Khy Ee from Cornell Cooperative 12:45 Water Colour Painting—Pumpkins 2:00 Caregiver's Group with Ruth	19 10:30 Holiday Gift Shoppe from until 2:30 11:30 Brain Games w/Beth 1:00 Bingo
22 11:00 Hatha Yoga (Integrated) w/Patricia 11:15 Social Work Chat with Beth 12:45 Creative Writing w/ Katherine 1:15 National Gingerbread Day	23 10:45 Exercise To Music w/Jill 11:15 Brunch Day—No lunch today 1:30 Help set up the main hall for Thanksgiving Celebration (Sorry No Bingo Today)	24 11:30 Thanksgiving Celebration - "How Thankful Are We" - Followed by Traditional Thanksgiving Lunch (Please register for luncheon no later than 11/15/21)	25 Center Closed Holiday	26 Center Closed Holiday
29 11:00 Hatha Yoga (Integrated) w/Patricia 11:30 National Mason Jar Day 12:45 Creative Writing w/ Katherine	30 11:00 Estate Planning & Asset Protection w/ Stefans & Associates 1:00 Tuesday Bingo 1:00 Bridge Game	If you are a homebound senior and need a Thanksgiving meal delivered, please call the Program Office and make a reservation on or before 11-15-21.	Shop at The LECOB Creative Fall Festival Market Sat. November 6th from 10:30am - 3:30pm At the Center Featuring local crafters and vendors	Calling All Cookie Bakers <i>"Break out the flour and a rolling pin!"</i> for the Holiday Cookie Sale on 12-15, 12-16 and 12-17 from 10am-3pm Please sign up to bake in the Program Office with Mary or Nancy