



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



November 2021 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Tortellini Ala Vodka, spinach, juice, and garlic bread or Tuna on wheat	2 BBQ Chicken, baked sweet potato, mixed vegetables, and biscuit or Egg Salad on wheat	3 Breaded Pork Chop, mac & cheese, zuc- chini, juice and whole wheat or Turkey on wheat	4 Pot Roast w/gravy, mashed potatoes, carrots, and roll or Tuna on wheat	5 Personal Pizza with Vegetable soup, juice, and crackers or Egg Salad on wheat
8 Spinach Ravioli w/ white wine sauce, tossed salad w/chic peas, Italian blend veggies, garlic bread or Tuna on wheat	9 Cheeseburger on a bun w lettuce, tomato and pickle, coleslaw, and corn or Egg Salad on wheat	10 <u>Veterans Day</u> Meatloaf w/gravy, mashed potatoes, peas, and biscuit No cold lunch	11 Turkey Chili over brown rice, mixed veggies, juice, and crackers or Tuna on wheat	12 Crab Cake w/ dill sauce, sweet potato fries, broccoli, and biscuit or Roast Beef on wheat
15 Rigatoni Bolognese, zucchini, juice, and roll or Tuna on wheat	16 Breaded Chicken Cutlet with fruit chutney, vegetable cous cous, Brussels sprouts, and bread or Egg Salad on wheat	17 Chicken Cacciatore, brown rice, spinach, juice, and Italian bread No cold lunch	18 Salmon Fillet w/ dill sauce, roasted pota- toes, broccoli, and biscuit or Tuna on wheat	19 Herb Roasted Tilapia with baked fries, string beans, and wheat bread
22 Ravioli w/sauce, tossed salad, garlic bread and juice Or tuna on wheat	23 BRUNCH Scrambled eggs w/ cheese, hash browns, mini bagel with cream cheese and juice	24 <u>Thanksgiving Lunch</u> Turkey w/gravy, mashed sweet pota- toes, string beans almondine, and biscuit No cold lunch	25 Center Closed Holiday	26 Center Closed Holiday
29 Spaghetti w/meatballs, vegetable soup, garlic bread and juice Or Egg Salad on wheat	30 Beef burgundy over brown rice, carrots and juice Or tuna on wheat			

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

YOUR MEAL DONATION OF \$3.00 is GREATLY APPRECIATED

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.