




The Life Enrichment Center at Oyster

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

January

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 10:30 Exercise To Music w/Jill 1:00 Meditation w/Patricia 1:00 Creative Movement w/Kathy 1:00 Bridge Game	9:00 Low Impact Cardio w/Terri 10:00 Blood Pressure Screening w/Janice 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/John 10:15 Strength Training w/John 1:00 Crochet & Knit /The Happy Hookers	9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo & Carmela 10:30 Tai Chi with Spencer Gee 1:00 Bingo with Jennette & Linda 1:00 Bridge Game
3 Center Closed Holiday	4 10:30 Exercise To Music w/Jill 1:00 Bingo 2:00 Caregiver's Group with Ruth	5 11:45 Celebrate National Bean Day with Mary on the Health Benefits of eating beans followed by a lunch filled with beans at 12 noon 1:00 A Place To Call Home - TV Series	6 11:45 Making and Breaking Your New Year's Resolutions 1:00 Crochet & Knit /The Happy Hookers	7 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
10 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine 1:00 Help undecorate the Center from the holidays	11 10:00 Continuing Water Colours w/Alice 3 Sessions - Snowy Days Of Winter 1st - A Red Barn In A Snowy Field 10:30 Exercise To Music w/Jill 1:00 Super Bingo	12 1:00 A Place To Call Home - TV Series 1:00 Help undecorate the Center from the holidays	13 10:30 S.A.C. Meeting 11:30 Remembering Martin Luther King with Katherine Gibson and Betty Jo Spyropulos 1:00 Crochet & Knit /The Happy Hookers	14 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
17 Center Closed Holiday	18 10:00 Continuing Water Colours w/Alice 2nd - A Cardinal In The Snow 10:30 Exercise To Music w/Jill 1:00 Bingo	19 11:30 Virtual Trip to Portugal followed by Authentic Portuguese style lunch 1:00 A Place To Call Home - TV Series	20 12:45 Water Colours w/ Alice - Fir Trees in Snow 12:45 National Popcorn Day-Enjoy freshly popped buttered popcorn 1:00 Crochet & Knit /The Happy Hookers 2:00 Caregiver's Group with Ruth	21 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
24 11:00 Hatha Yoga w/Patricia 11:30 How To Cure The Winter Blues with Beth 12:45 Creative Writing w/ Katherine	25 10:00 Continuing Water Colours w/Alice 3rd - A Sleeping Chickadee On A Snowy Branch 10:30 Exercise To Music w/Jill 1:00 Bingo	26 12:45 Birthday Day 1:00 A Place To Call Home - TV Series 	27 12:45 Craft Group with Sue & Margie — Painting Reusable Water Bottles 1:00 Crochet & Knit /The Happy Hookers	28 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
31 11:00 Hatha Yoga w/Patricia 11:30 Tips on How To Get Organized for 2022 with Margie & Sue 12:45 Creative Writing w/ Katherine				Save the Date Thursday 2-10-22 For The Life Enrichment Center's 45th Anniversary Celebration Luncheon and Special Entertainment with Members of The Long Island BG's (Tickets available in the Program Office)



January 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed Holiday	4 Hamburger on bun w/ cheese, lettuce and tomato and pickle, French fries and coleslaw or Tuna on wheat	5 Chicken Quesadilla on tortilla w/salsa & sour cream, rice, string beans, and juice or Egg Salad on wheat	6 Beef Stroganoff over egg noodles, carrots, juice, and roll	7 Salmon Cake w/ dill sauce, baked potato, creamed spinach, and wheat bread or Egg Salad on wheat
10 Rigatoni Bolognese, Italian blend veggies, juice, and garlic bread or Tuna on wheat	11 Baked Pork Chop, mashed sweet potatoes, string beans, and wheat bread or Egg Salad on wheat	12 Turkey Chili with beans, brown rice, Mexican style veggies, juice and crackers or Tuna on wheat	13 <u>Martin Luther King</u> Southern Style Chicken, cheesy grits, collard greens, juice, and corn bread No Cold Lunch today	14 Personal Pizza, Shrimp Chowder, and juice or Turkey on wheat
17 Center Closed Holiday	18 BBQ Chicken, mac & cheese, broccoli, juice, and wheat bread or Tuna on wheat	19 <u>Virtual Trip -Portugal</u> Cacoila (Shredded Beef), Caldo Verde, Peixinhos do horta (green beans), and sweet bread No Cold Lunch today	20 Open Face Turkey Sandwich on wheat w/ gravy, mashed potatoes, and Italian blend vegetables No Cold Lunch today	21 Penne Ala Vodka, Chicken Vegetable soup, juice, and garlic bread or Tuna on wheat
24 Grilled Cheese on whole wheat bread, Tomato soup, and juice No Cold Lunch today	25 Chicken Cacciatore, rice Florentine, carrots, and Italian bread or Egg Salad on wheat	26 <u>Birthday Day</u> Pot Roast with gravy and vegetables, mashed potatoes, peas & onions, and biscuit No Cold Lunch today	27 Chicken Cutlet with fruit compote, vegetable cous cous, spinach, and corn bread or Tuna on wheat	28 Potato Crusted Cod Filet w/ tartar sauce, baked sweet potato fries, mixed vegetables and bread or Egg Salad on wheat
31 Cheese Ravioli w/ Pomodoro sauce, Beef Barley soup, juice, and Italian bread or Tuna on wheat	All lunches include a desert	Select either hot or cold when making your lunch reservations	All reservations must be made a day in advance before 2pm	Please reserve on Friday before 2pm for Monday's lunch

****RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM****
YOUR MEAL DONATION OF \$3.00 - \$5.00 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.