




<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine</p> <p>Tickets will be available starting 6-20-22 The LECOB 45th Anniversary Party on Wed. 8-24-22 at 5:30pm Dinner ~ Music ~ Dancing <i>(Tickets price \$45 includes: Prime Rib w/ au jus & horseradish sauce, baked potato w/ sour cream & chives, whole green beans, dinner roll & decadent chocolate cake)</i></p>	<p>9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 10:00 Blood Pressure Screening w/Barbara 1:00 Meditation w/Patricia 1:00 Line Dancing w/Kathy 1:00 Bridge Game</p> <p>An Honor For One Of Our Own Join us on Tues. 6-14-22 at 11:50am to Recognize Charlie Gibney as a Town of Oyster Bay Hometown Hero for his Military Service - His full-color banner is at Theodore Roosevelt Park</p>	<p>9:00 Low Impact Cardio w/Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia</p> <p>1 10:30 Annual Walk-A-Thon Kick Off - Join us and Walk for a Cause 11:45 Sammy Is Back with an amazing Musical Performance followed by a Healthy Lunch at noon</p>	<p>9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 1:00 Crochet & Knit /The Happy Hookers</p> <p>2 11:30 Speaker Stephanie from the Cat Sanctuary on Adoption Event 12:45 Craft Group with Sue & Margie 1:00 Crochet & Knit /The Happy Hookers 2:00 Caregiver's Group with Ruth</p>	<p>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 w/Spencer Gee 12:45 Bingo w/Jennette & Linda 1:00 Bridge Game</p> <p>3 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda</p>
<p>6 11:00 Hatha Yoga w/Patricia 11:30 Staying Safe in Summer Months with Beth 12:45 Creative Writing w/Katherine</p>	<p>7 10:30 Exercise To Music w/Jill 11:15 Stroke Prevention with Rose from Northwell Health 12:45 Bingo 1:00 Meditation w/Patricia 7:00 LIVE Open Mic w/Barbara & Ken</p>	<p>8 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 11:45 Virtual Trip to Poland with Fun Facts followed by Polish Style Lunch 12:45 Bus to Stop & Shop for Grocery Shopping w/Patricia 1:00 A Place To Call Home - TV Series</p>	<p>9 10:30 S.A.C. Meeting 11:00 Todd Atkin from Homeland Security on Emergency Preparedness 1:00 Crochet & Knit /The Happy Hookers 2:00 LECOB Foodie Group with Chef Anthony & Crew</p>	<p>10 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda</p>
<p>13 11:00 Hatha Yoga w/Patricia 11:45 The Value of Strawberries 12:45 Creative Writing w/Katherine 1:30 Old Fashion Strawberry Shortcake Baking Demo w/Mary</p>	<p>14 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 11:15 Medicare 101 with Pam Sponsored by Humana, Inc. 11:50 An Honor For Charlie Gibney 12:45 Super Bingo</p>	<p>15 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 1:00 A Place To Call Home - TV Series 12:45 Bus to Stop & Shop for Grocery Shopping w/Patricia</p>	<p>16 <u>Father's Day Celebration</u> Starting at 10:30am with coffee and donuts followed by BBQ Style Lunch at 12 noon and Special Entertainment (Ticket Reservations required—Purchase tickets in the Program Office) 2:00 Caregiver's Group with Ruth</p>	<p>17 10:30 Tai Chi with Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda</p>
<p>20 11:00 Hatha Yoga w/Patricia 11:30 What is Juneteenth and Why We Celebrate the Day 12:45 Creative Writing w/Katherine</p>	<p>21 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 11:15 Bristol Flower Pot Decoupage Project 12:45 Bingo 7:00 Zoom Open Mic Night w/Barbara & Ken</p>	<p>22 <u>Festival of Baskets Auction</u> Preview Starts at 5:00pm Auction Begins at 6:30pm (No Lunch Today—Brunch Only starting at 11:30am)</p>	<p>23 11:15 Dairy Month with Khy Ee from Cornell Cooperative 1:00 Crochet & Knit /The Happy Hookers</p>	<p>24 10:30 Tai Chi with Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda</p>
<p>27 10:00 St. Francis Van Health Screenings (Blood Pressure, Diabetes & Cholesterol) 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine</p>	<p>28 10:00 Water Colour Studio 10:30 Exercise To Music w/Jill 11:00 Oyster Bay Music Festival Performance 12:45 Bingo 1:00 Meditation w/Patricia</p>	<p>29 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 12:45 Birthday Day  1:00 A Place To Call Home - TV Series</p>	<p>30 12:45 Oyster Bay Music Festival Performance 1:30 Crochet & Knit /The Happy Hookers</p>	<p>July 4th Celebration on Friday 7-1-22 at 11am w/Oyster Bay Music Festival Performing Patriotic Music & Piano Music by Joan Lunch: BBQ Pulled Chicken on brioche roll, waffle fries, coleslaw and ice cream cone</p>