



<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 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 10:00 Blood Pressure Screening w/Barbara 1:00 Meditation w/Patricia 1:00 Line Dancing 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 10:15 Stretch & Balance w/Gina 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/BettyJo & Carmela 10:30 Tai Chi with Spencer Gee 12:45 Bingo with Jennette & Linda 1:00 Bridge Game
<b>2</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 4 w/Sloan	<b>3</b> 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 12:45 Bingo 1:00 Meditation w/Patricia 7:00 ZOOM Open Mic with Barbara & Ken	<b>4</b> 10:30 Mother's Day Picnic at Theodore Roosevelt Park (Ticket reservations required)  (Sorry, No Grab & Go Today)	<b>5</b> 11:30 Cinco de Mayo Celebration with Authentic Mexican style lunch 1:00 Water Colours—Butterfly Cards 2:00 Caregiver's Group with Ruth	<b>6</b> 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda
<b>9</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 5 w/Sloan	<b>10</b> 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 11:15 Portledge School Choral & Instrumental w/Cate Dennehy & friends 12:45 Super Bingo	<b>11</b> 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 11:00 Carolyn Is Back with MedMinder 12:45 Bus to Stop & Shop 1:00 A Place To Call Home - TV Series	<b>12</b> 10:30 S.A.C. Meeting 11:15 Important Information Every Senior Should Know with Beth 1:00 Crochet & Knit /The Happy Hookers 2:00 LECOB Foodie Group with Chef Anthony & Crew	<b>13</b> 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda
<b>16</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 6 w/Sloan	<b>17</b> 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 11:30 Clear Caption Phones w/Patricia 12:45 Bingo 7:00 LIVE Open Mic Night with Barbara & Ken	<b>18</b> 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 1:15 Bus to Stop & Shop	<b>19</b> 11:15 Food Storage Safety with Khy Ee from Cornell Cooperative 12:45 Craft Group with Sue & Margie 2:00 Caregiver's Group with Ruth	<b>20</b> 10:45 Trip to Roosevelt School for Inter-generational Program 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda 1:15 Hike w/John at the Trails as Sagamore Hill
<b>23</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 7 w/Sloan	<b>24</b> 10:00 Water Colour Studio 10:30 Exercise To Music w/Jill 11:15 Fighting Climate Change 12:45 Bingo 1:00 Meditation w/Patricia	<b>25</b> 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 12:45 Bus to Stop & Shop 1:00 A Place To Call Home - TV Series	<b>26</b> <u>Memorial Day Bake Sale</u> <u>From 10:30am until 3:30pm</u> 12:45 Craft Group with Sue & Margie	<b>27</b> <u>Memorial Day Bake Sale</u> <u>From 10:30am until 3:30pm</u> 11:30 Memorial Day Remembrance with Local Veterans & Lunch 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda
<b>30</b>  Center Closed Holiday	<b>31</b> 10:30 Exercise To Music w/Jill 12:45 Bingo 1:00 Meditation w/Patricia	<u>Calling All Bakers</u> We need volunteers to bake for our Memorial Day Bake Sale on 5-26 & 5-27. (Homemade cakes, pies, cookies, breads, brownies, pastries, muffins, and cupcakes, etc.)	Join Anthony on Saturday 5-14-22 at 1pm for <u>Homemade Mozzarella Class</u> (Price per person \$45 - includes samples and mozzarella to take home too) Please pre-register for class with Beth	F.Y.I. - The LECOB 45th Anniversary Dinner Dance was changed to Wednesday evening 8-24-22. Please save the date.

**May 2022 Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Penne Ala Vodka, Italian blend veggies, juice, and garlic bread  or Tuna on wheat</p>	<p>3 Turkey meatloaf w/ gravy, mashed potatoes, spinach, and biscuit  or Egg Salad on wheat</p>	<p>4 <u>Mother's Day Picnic at Roosevelt Park</u> Chicken Salad with cranberries &amp; walnuts on brioche roll, veggie pasta salad, and juice  No Grab &amp; Go today</p>	<p>5 <u>Cinco de Mayo</u> Carnitas Taco (Pork) w/lettuce, tomato, cheddar &amp; salsa on flour tortilla, rice &amp; black beans, roasted zucchini, and juice  No Cold Lunch today</p>	<p>6 Potato Crusted Cod w/tartar sauce, baked French fries, string beans, and wheat bread  or Turkey on wheat</p>
<p>9 Stuffed Pasta Shells with Pomodoro sauce, Italian blend veggies, juice, and Italian bread  or Tuna on wheat</p>	<p>10 Grilled Chicken over Caesar salad, chic pea salad, juice, and garlic bread  No Cold Lunch today</p>	<p>11 Grilled Cheese sandwich on wheat bread, Tomato soup, and juice  No Cold Lunch today</p>	<p>12 Turkey Chili with beans, brown rice, mixed veggies, juice, and crackers  or Tuna on wheat</p>	<p>13 Personal Pizza, Minestrone soup, and juice  or Turkey on wheat</p>
<p>16 Spaghetti &amp; Meatballs w/Pomodoro sauce, tossed salad, juice, and garlic bread  or Tuna on wheat</p>	<p>17 Chicken Cutlet w/ fruit chutney, macaroni and cheese, carrots, and wheat bread  or Egg Salad on wheat</p>	<p>18 <u>Birthday Day</u> Beef Stroganoff over egg noodles, broccoli, juice, and roll, and cake  No Cold Lunch today</p>	<p>19 Pork Chop w/apple sauce, wild rice blend, carrots, juice, and wheat bread  or Tuna on wheat</p>	<p>20 Beer Battered Fish w/tartar sauce, sweet potato fries, coleslaw, and biscuit  or Egg salad on wheat</p>
<p>23 Cheese Ravioli w/ Pomodoro sauce, tossed salad w/chic peas, juice, and garlic bread  or Tuna on wheat</p>	<p>24 Herb Roasted Chicken, mashed potatoes, spinach, and biscuit  or Egg Salad on wheat</p>	<p>25 Cheeseburger on bun with lettuce, tomato &amp; pickles, potato salad, and 3-bean salad  or Tuna on wheat</p>	<p>26 Chicken Cacciatore, brown rice, sting beans, juice and Italian bread  or Egg salad on wheat</p>	<p>27 <u>Memorial Day</u> Sausage &amp; Peppers on a hero, tomato, basil &amp; onion salad, and corn on the cob  No Cold Lunch today</p>
<p>30  Center Closed  Holiday</p>	<p>31 Salisbury Steak w/ gravy, mashed potatoes, peas &amp; carrots and biscuit  or Tuna Salad on wheat</p>	<p>All reservations must be made a day in advance before 2pm  Please reserve on Friday before 2pm for Monday's lunch</p>	<p>Select either hot or cold when making your lunch reservations</p>	<p>All lunches include dessert</p>

**\*\*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.