



August

<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
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	10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia	9:00 Advanced Strength Training w/John 10:15 Strength Training w/John	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
1 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine	2 10:00 Water Colours Painting Class w/Alice 12:45 Bingo 1:00 Meditation w/Patricia	3 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia 12:45 Bus Trip - Grocery Shopping to IGA in Bayville	4 11:15 Emergency forms handout 1:00 Safe Space - Group For Anyone Who Suffered the Loss of a Child	5 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda 1:00 Bridge Game
8 11:00 Hatha Yoga w/Patricia 11:30 August Is Peach Month with Mary (Discuss the different varieties) 12:45 Creative Writing w/ Katherine	9 12:45 Super Bingo 1:00 Meditation w/Patricia	10 10:05 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia 1:15 Foodie Group Trip To Sysco with Chef Anthony and Crew (You must pre-register for this trip with Beth)	11 11:30 Fun Facts about Lady Liberty & Ellis Island 2:00 Caregiver's Group with Ruth 2:30 LECOB Foodie Group with Chef Anthony & Crew	12 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda 1:00 Bridge Game
15 11:00 Hatha Yoga w/Patricia 11:30 National S'more's Day 12:45 Creative Writing w/Katherine	16 11:30 National Tell A Joke Day 12:45 Bingo	17 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia 11:00 Stop The Bleed with Sloane 12:45 Birthday Day 	18 11:00 Exercise To Music with Gina 11:45 Who's Who Pictures of Staff 12:00 Information on Food Safety 12:45 Craft Group with Sue & Margie String Art Project	19 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda 1:00 Bridge Game
22 11:00 Hatha Yoga w/Patricia 11:30 Look Back to 1921 w/Mary 12:45 Creative Writing w/Katherine	23 10:00 Water Colours Painting Class w/Alice 11:00 Brunch Day—National Waffle Day 12:30 Help decorate the Main hall (Sorry—No Bingo Today)	24 LECOB'S 45th Anniversary Celebration Dinner Dance Dinner starts at 5:30pm Followed by Special Entertainment by Lou Del Prete and Friends (No Lunch Today)	25 2:00 Caregiver's Group with Ruth	26 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda 1:00 Bridge Game
29 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine	30 10:00 Water Colour Studio 11:00 Exercise To Music w/Gina 12:45 Bingo 1:00 Meditation w/Patricia	31 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia 12:45 Bus Trip - Grocery Shopping to Lidl in Syosset	Black Tie Bingo on Wed. 9-21-22 at 5:30pm A Night of Fun and Prizes Call the Program Office for more information	