



February

<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 1:00 Stretch & Balance w/Gina 6:00 NEW Strength Training with John	9:00 Strength Training w/John 10:00 Blood Pressure Screening w/Barbara 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 1:00 Meditation w/Patricia 1:00 Line Dancing w/Kathy	9:00 Low Impact Cardio w/ Terri 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 5:00 NEW Strength Training with John	9:00 Strength Training w/John 10:15 Strength Training w/John 10:30 Canaster Game 11:00 NEW Breakfast & Activities Group with Courtney	9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo & Carmela & SW Intern Melanie 10:30 Tai Chi w/Spencer Gee 12:45 Bingo 1:00 Bridge Game
<u>February is Black History Month</u> Join us on Tues. 2-28-23 at 11:15am for a Lecture on The A.M.E. Zion Church History with Rev. Linda Vanager and Jennette James	<u>Celebrate Chinese New Year with Us</u> on Tues. 2-1-23 starting at 11:30am "The Year of the Rabbit" Find Out What's Predicted in the Year of the Rabbit Followed by Delicious Chinese Lunch	1 11:30 Chinese New Year—Year of the Rabbit with Lunch and Treats 12:45 Trip - Shopping to Stop & Shop 1:00 The Morning Show—TV Series 5:00 NEW Strength Training with John	2 11:00 NEW Breakfast & Activities Group with Courtney 12:45 Craft Group w/Sue & Margie (Decorate Mardi Gras Masks) 1:00 Safe Space Group	3 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
6 10:30 Spanish Lesson with Alvero 1:00 Stretch & Balance w/Gina 6:00 Strength Training with John	7 10:00 Water Colours Painting Class 11:00 Reminiscing w/Michelle from Home Instead 12:45 Super Bingo	8 11:30 Virtual Trip To New Zealand 12:45 Trip - Shopping to Whole Foods 1:00 The Morning Show—TV Series 5:00 Strength Training with John	9 10:30 S.A.C. Meeting 11:00 Breakfast & Activities Group with Courtney 11:30 Visit w/Lou & Service Dog Pheona 2:00 LECOB Foodie Group 2:00 Caregiver's Group with Ruth	10 <u>LECOB'S 46th Anniversary</u> 10:30 Tai Chi w/Spencer Gee 11:30 Health Benefits of Music w/Theresa 12:00 Piano Music by Joan 12:45 Bingo
13 10:30 Spanish Lesson with Alvero 11:30 LECOB Membership Meeting w/Judy Palumbo w/refreshments 1:00 Stretch & Balance w/Gina 6:00 New Strength Training with John	14 11:15 Valentine's Celebration w/Special Line Dance & Sing-A-Long with Kathy Pagano followed by Lunch and Special Bingo (Ticket Reservations Required)	15 11:00 Brunch is served—No Lunch Today 5:30 Jill's Retirement Celebration with Dinner and Special Entertainment by Louis Del Prete (Ticket Reservations Required)	16 11:00 Breakfast & Activities Group with Courtney 12:45 Consumer Assistance Program Affordability For Utilities with Jill Wasser of NYS Public Service	17 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo 4:30 Social Singles—Desserts Only at Stellina's Bakery in Syosset
20 Center Closed Holiday	21 10:00 Water Colours Painting Class 11:30 Mardi Gras Celebration w/King & Queen & Mask Parade & Lunch 12:45 Bingo 7:00 Open Mic Night w/Barbara, Ken and Mark	22 11:00 Cardio Drumming w/Linda Torel PT from Glen Cove Rehab 11:45 Birthday Day 12:45 Trip - Shopping to Shop Rite  1:00 The Morning Show—TV Series 5:00 Strength Training with John	23 11:00 Breakfast & Activities Group 11:15 Nutritionist Khy Ee from Cornell Cooperative on American Heart Month 12:45 Craft Group w/Sue & Margie 2:00 Caregiver's Group with Ruth	24 10:30 Tai Chi w/Spencer Gee 11:15 Syosset School Musical performance 12:00 Piano Music by Joan 12:45 Bingo
	27 10:30 Spanish Lesson with Alvero 12:45 New Choral Group w/Theresa 1:00 Stretch & Balance w/Gina 6:00 Strength Training with John	<u>Join LECOB'S New Choral Group</u> with Theresa Morale starting on Monday 2-27-23 (Join Theresa on Fri. 2-10-23 at 11:30am for How Music & Singing are health benefits)	<u>For The Love of Bingo!</u> Don't miss our Valentine's Day Celebration & Special Bingo on Tues. 2-14-23 Plus Line Dancing & Sing-a-long w/Kathy Pagano (Tickets available in the Program Office)	<u>Save The Dates 3-14 & 3-21 at 1pm</u> For Beginner Water Colours Painting Techniques w/Alice (2 sessions for \$20) If you wanted to get started painting w/watercolors these are your classes