



# The Life Enrichment Center at Oyster Bay

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

# January

Programs Calendar & Menu can also be found at  
[www.Lecob.org](http://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 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	9:00 Strength Training w/John 10:15 Strength Training w/John	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
2  Center Closed Holiday	3 10:00 Water Colours Painting Class 12:45 Bingo	4 12:45 Trip - Shopping to Stop & Shop 1:00 The Morning Show—TV Series with Beth	5 11:00 NEW Breakfast & Activities Group with Courtney 1:00 Safe Space Group 2:00 Caregiver's Group with Ruth	6 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
9 11:00 Spanish Lesson with Alvero 1:00 Stretch & Balance w/Gina 6:00 NEW Strength Training with John	10 10:00 Water Colours Painting Class 11:00 Reminiscing w/Michelle from Home Instead 12:45 Super Bingo 1:00 Beginner Water Colour Techniques with Alice	11 12:45 Trip - Shopping to IGA in Bayville 1:00 The Morning Show—TV Series with Beth	12 10:30 S.A.C. Meeting 11:00 NEW Breakfast & Activities Group with Courtney 11:45 Facts About Martin Luther King followed by Southern style lunch 2:00 LECOB Foodie Group	13 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
16  Center Closed Holiday	17 10:00 Water Colours Painting Class 11:15 Social Service Info with Beth 12:45 Bingo 1:00 Beginner Water Colour Techniques with Alice	18 11:30 Virtual Trip To Argentina 12:45 Trip - Shopping to Trader Joe's 1:00 The Morning Show—TV Series with Beth	19 11:00 NEW Breakfast & Activities Group with Courtney 12:45 Family Feud w/Stephanie from Oyster Bay 2:00 Caregiver's Group with Ruth	20 11:15 A Retirement Roast to Jill 12:00 Piano Music by Joan 12:45 Bingo 4:30 Social Singles—Bowling & Pizza Night at Syosset Lanes
23 10:30 Spanish Lesson with Alvero 1:00 Stretch & Balance w/Gina 6:00 NEW Strength Training with John	24 10:00 Water Colours Painting Class 12:45 Bingo	25 11:30 Birthday Day 12:45 Trip - Shopping to Target 1:00 The Morning Show—TV Series with Beth 	26 11:00 NEW Breakfast & Activities Group with Courtney 11:15 Nutritionist Khy Ee from Cornell Cooperative 12:45 Craft Group w/Sue & Margie	27 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
30 10:30 Spanish Lesson with Alvero 1:00 Stretch & Balance w/Gina 6:00 NEW Strength Training with John	31 10:00 Water Colours Studio 12:45 Bingo			

**January Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
2  Center Closed Holiday	3 BBQ Chicken, mac & cheese, broccoli, juice, and biscuit  or Tuna on wheat	4 Hamburger on bun w/cheese, lettuce, tomato & pickle, French fries, and coleslaw  or Egg salad on wheat	5 Beef Stroganoff over egg noodles, carrots, juice, and Italian bread  or Chicken salad on wheat	6 Salmon Cakes with dill sauce, baked potato, creamed spinach and wheat bread  or Turkey on wheat
9 Chicken Cacciatore w/Rice Florentine, carrots, juice, and Italian bread  or Egg salad on wheat	10 Breaded Pork Chop, baked sweet potato, string beans, and roll  or Tuna on wheat	11 Grilled Cheese Sandwich on wheat bread, Tomato soup, and juice  or Egg salad on wheat	12 <u>Martin Luther King</u> Southern Style Chicken, cheesy grits, collard greens, juice, and corn bread  <u>No cold Lunch Today</u>	13 Shrimp Scampi over linguini, tossed salad, juice, and garlic bread  or Tuna salad on wheat
16  Center Closed Holiday	17 Asian Style Chicken, fried rice, Wonton veggie soup, and juice, and egg roll  or Tuna salad on wheat	18 <u>Virtual Trip-Argentina</u> Argentinean Steak w/ Chimichurri sauce, Locro (soup), Berenjas en escabeche (eggplant), and croissant  <u>No cold Lunch Today</u>	19 Baked Ziti with mozzarella cheese, tossed salad, sauteed zucchini  or Tuna on wheat	20 Crab Cake with dill sauce, herb roasted potatoes, peas & carrots, and wheat bread  or Chicken salad on wheat
23 Rigatoni w/Bolognese sauce, spinach, juice and roll  or Tuna on wheat	24 Pork Chop w/gravy, mashed potatoes, string beans, and biscuits  or Egg salad on wheat	25 <u>Birthday Day</u> Turkey Meatloaf, mashed potatoes, broccoli, and roll  or Tuna on wheat	26 Chicken Risotto with mushroom, escarole, juice, and bread stick  or Turkey on wheat	27 Personal Pizza, Lentil soup, juice, and crackers  or Egg Salad on wheat
30 Spaghetti & Meatballs with Pomodoro sauce, Italian blend veggies, juice, and garlic bread  or Tuna on wheat	31 Breaded Chicken Cutlet w/fruit chutney, baked potato, carrots, and wheat bread  or Egg salad on wheat	All reservations must be made a day in advance before 2pm		Select either hot or cold when making your lunch reservations  All lunches include a dessert

**\*\*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.