



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

<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			