



<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>9:00 Low Impact Cardio w/ Terri 11:00 Yoga Class w/Patricia 1:00 Stretch &amp; Balance w/Gina 6:00 Strength Training with John</p>	<p>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</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:05 Stretch &amp; Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia 5:00 Strength Training with John</p>	<p>9:00 Strength Training w/John 10:15 Strength Training w/John 10:30 Canasta Game 11:00 Breakfast For Your Brain with Courtney</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo &amp; Carmela &amp; SW Intern Melanie 10:30 Tai Chi w/Spencer Gee 12:45 Bingo 1:00 Bridge Game</p>
<p><u>Sunday 3-12-23</u> Oyster Bay High School Play "Bye Bye Birdie" Brunch &amp; Show Starts at 11am (Register in the Program Office)</p>	<p><u>Celebrate Women's History Month</u> Join us on 3-22-23 at 11:15am for a Special Presentation in Honor of Women's History Month with Courtney &amp; Melanie</p>	<p>1 12:45 Trip - Shopping to Lid'I in Syosset 1:00 The Morning Show—TV Series 5:00 Strength Training with John</p>	<p>2 11:00 Breakfast For Your Brain with Courtney 1:00 Safe Space Group</p>	<p>3 10:30 Tai Chi w/Spencer Gee 11:30 Tax Talk with Jack 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>6 10:00 New Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:00 Yoga Class w/Patricia 12:45 New Choral Group w/Theresa 6:00 Strength Training with John</p>	<p>7 10:00 Water Colours Painting Class 11:00 Posture Awareness Program with Gina 12:45 Bingo</p>	<p>8 9:00 Trip - Jericho HS for "Frozen" Show 11:30 Virtual Trip to Poland followed by Traditional Polish Lunch 1:00 The Morning Show—TV Series 5:00 Strength Training with John</p>	<p>9 10:30 S.A.C. Meeting 10:45 Breakfast For Your Brain w/Courtney 11:45 Celebrate Social Work Month w/Beth 2:00 LECOB Foodie Group 2:00 Caregiver's Group with Ruth</p>	<p>10 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>13 10:00 New Beginner Spanish w/Alvero 10:30 Make Irish Soda Bread w/Mary 11:00 Spanish Lesson with Alvero 11:00 Yoga Class w/Patricia 6:00 Strength Training with John</p>	<p>14 10:00 Water Colours Painting Class 11:00 Posture Awareness with Gina 11:45 Brunch is Served 12:30 Super Bingo 1:00 Beginner Water Colours Painting Techniques w/Alice</p>	<p>15 <u>St. Patrick's Day-Starts at 11:15am</u> <u>Who's wearing the Most Green w/Prizes, Pot O' Gold Raffle, Irish Soda Bread Contest, Traditional Lunch followed by Special Entertainment by The Chuck Evans Band sponsored by The Bristal</u> (Ticket Reservations Required)</p>	<p>16 11:00 Breakfast For Your Brain with Courtney 4:30 Social Singles Beer Tasting at Oyster Bay Brewing Company</p>	<p>17 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>20 10:00 New Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:00 Yoga Class w/Patricia 12:45 New Choral Group w/Theresa 6:00 Strength Training with John</p>	<p>21 10:00 Water Colours Painting Class 12:45 Bingo 1:00 Beginner Water Colours Painting Techniques w/Alice 7:00 Open Mic Night w/Barbara, Ken and Mark</p>	<p>22 11:15 Presentation on Women's History w/Courtney &amp; Melanie  11:30 Birthday Day 12:45 Trip - Shopping to Trader Joe's 1:00 The Morning Show—TV Series 5:00 Strength Training with John</p>	<p>23 11:00 Breakfast For Your Brain 11:15 Nutritionist Khy Ee from Cornell Cooperative—Nutrients of Concern 12:45 Craft Group w/Sue &amp; Margie 2:00 Caregiver's Group with Ruth</p>	<p>24 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>27 10:00 New Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:00 Yoga Class w/Patricia 6:00 Strength Training with John</p>	<p>28 10:00 Water Colours Studio 11:00 Family Feud w/Carolyn Paladino 12:45 Bingo</p>	<p>29 11:00 Brain Injury Program with Mary Suddell 12:45 Spring Skin Care Tips with Mary 12:45 Trip - Shopping to Stop &amp; Shop</p>	<p>30 10:30 Help Put Together &amp; Deliver Spring Baskets for the Homebound 11:00 Breakfast For Your Brain with Courtney</p>	<p>31 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>