



<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 & 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 & 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 & Carmela & 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 & 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 & 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 & 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 & 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 & Shop</p>	<p>30 10:30 Help Put Together & 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>

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All reservations must be made a day in advance before 2pm</p> <p>Please reserve on Friday before 2pm for Monday's lunch</p>	<p>Select either hot or cold when making your lunch reservations</p> <p>All lunches include a dessert</p>	<p>1</p> <p>Turkey Meatloaf w/ gravy, mashed potatoes, broccoli, and roll</p> <p>or Tuna on wheat</p>	<p>2</p> <p>Breaded Chicken Cutlet w/chutney, baked potato w/ sour cream, carrots and wheat bread</p> <p>or Turkey on wheat</p>	<p>3</p> <p>Breaded Fish Fillet w/tartar sauce, baked sweet potato fries, coleslaw, and roll</p> <p>or Egg salad on wheat</p>
<p>6</p> <p>Stuffed Pasta Shells, Minestrone soup, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>7</p> <p>Hamburger on bun w/lettuce, tomato, pickle & cheese, baked French fries, and baked beans</p> <p>or Egg salad on wheat</p>	<p>8 <u>Virtual Trip—Poland</u></p> <p>Kotlet Schabowy (Pork Cutlet), Pierogies with sour cream, Kapusta Zasmazana (Cabbage), rye bread, and babka for dessert</p> <p><u>No Cold Lunch Today</u></p>	<p>9</p> <p>Asian BBQ Chicken Thigh, vegetable fried rice, Asian style vegetables, juice, and egg roll</p> <p>or Tuna on wheat</p>	<p>10</p> <p>Crab Cake with dill sauce, herb roasted potatoes, carrots, and wheat bread</p> <p>or Chicken salad on wheat</p>
<p>13</p> <p>Baked Ziti with Cheese & Pomodoro sauce, tossed salad, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>14</p> <p>Broccoli Quiche, tossed salad w/chic peas, juice, and bread sticks</p> <p><u>No Cold Lunch Today</u></p>	<p>15 <u>St. Patrick's Day</u></p> <p>Corned Beef with Cabbage & carrots, potatoes, Irish soda bread rolls, and Irish bread pudding</p> <p><u>No Cold Lunch Today</u></p>	<p>16</p> <p>Herb Roasted Chicken, wild rice blend, Brussels sprouts, and roll</p> <p>or Egg salad on wheat</p>	<p>17</p> <p>Personal Pizza, Cajun Seafood chowder, juice, and crackers</p> <p>or Tuna on wheat</p>
<p>20</p> <p>Caesar Salad with Grilled Chicken and croutons, Broccoli soup, and juice</p> <p>or Tuna on wheat</p>	<p>21</p> <p>Breaded Pork Chop w/apple sauce, baked potato, collard greens, and wheat bread</p> <p>or Egg salad on wheat</p>	<p>22 <u>Birthday Day</u></p> <p>Chicken Quesadilla on flour tortilla with salsa & sour cream, corn, and juice, and birthday cake</p> <p><u>No Cold Lunch Today</u></p>	<p>23</p> <p>Beef Stew over brown rice, sliced carrots, juice, and roll</p> <p>or Tuna on wheat</p>	<p>24</p> <p>Potato Crusted Cod Fish, tater tots, coleslaw, and biscuit</p> <p>or Turkey on wheat</p>
<p>27</p> <p>Spaghetti & Meatballs w/Pomodoro sauce, spinach, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>28</p> <p>Boneless BBQ Chicken Thigh, macaroni & cheese, broccoli, juice, and biscuit</p> <p>or Egg salad on wheat</p>	<p>29</p> <p>Turkey Chili over brown rice, mixed vegetables, juice, and crackers</p> <p>or Tuna on wheat</p>	<p>30</p> <p>Chicken Cacciatore over pasta, spinach, juice, and Italian bread</p> <p>or Egg salad on wheat</p>	<p>31 <u>Vegetarian Day</u></p> <p>Vegetarian Zucchini Cakes, Vegetarian Lentil soup, roasted beets, and roll</p> <p>or Turkey on wheat</p>

****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.