




The Life Enrichment Center at Oyster

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

September

Programs Calendar & Menu can also be found at

www.Lecob.org

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Low Impact Cardio w/Terri 10:30 Dance to Music with Paulette 11:00 Gentle Flow Yoga w/Patricia 1:00 Stretch & Balance w/Gina	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 Line Dancing w/Kathy 1:00 Meditation w/Patricia	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 Chair Yoga 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 10:30 Tai Chi w/Spencer Gee 12:45 Bingo 1:00 Bridge Game
Travel with us to our <u>Virtual Trip to Thailand</u> on Wed 9-13-23 at 11:30am Learn the best places to visit followed by Authentic Thai Lunch	Join our New Program Manager Theresa Morale for Home Coming at LECOB on Wed. 9-20-23 at 11:00am with refreshments	<u>Black Tie Bingo Night</u> on Wed 9-27-23 at 5:30pm Tickets go on sale 9-5-23 (Price \$35 - includes bingo cards, food and refreshments) Win prizes! Win cash! Plus 50/50 Raffle!	<u>LECOB Fall Craft Vendor Fair</u> on Sat 9-30-23 from 10am-3pm Artwork, crafts, pottery, baked goods, jams, jewelry, handcrafted furniture, delicious food, etc. (Vendors register in the Program office)	1 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games with Beth 12:00 Piano Music by Joan 12:45 Bingo
4 Center Closed Holiday	5 9:30 Adelphi Nursing Students 10:00 Water Colour Painting Class 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Line Dancing w/Kathy	6 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Chair Yoga w/Patricia 12:45 Trip To Stop & Shop 12:45 Craft Group w/Sue & Margie	7 9:00 Strength Training w/John 10:30 S.A.C. Meeting 12:45 New Rhythm & Movement w/Kim 1:00 Safe Space Group w/Beth 2:00 Caregiver's Group w/Ruth	8 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
11 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:00 Gentle Flow Yoga w/Patricia 12:45 Remembering 9-11 1:00 Stretch & Balance w/Gina	12 9:30 Adelphi Nursing Students 10:00 Water Colour Painting Class 11:15 Let's Make A Deal w/Michelle 12:45 Super Bingo 1:00 Line Dancing w/Kathy	13 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Chair Yoga w/Patricia 11:30 Virtual Trip to Thailand followed by Authentic Thai Lunch	14 9:00 Strength Training w/John 10:15 Strength Training w/John 2:00 Foodie Group w/Chef Anthony & Crew	15 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
18 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:00 Gentle Flow Yoga w/Patricia 12:45 Choral Group w/ Theresa 1:00 Stretch & Balance w/Gina	19 9:30 Adelphi Nursing Students 10:00 Water Colour Painting Class 12:45 Bingo 1:00 Line Dancing w/Kathy 7:00 Open Mic Night w/Ken	20 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Chair Yoga w/Patricia 11:00 Home Coming at LECOB 12:45 Trip To Trader Joe's 12:45 Craft Group w/Sue & Margie	21 9:00 Strength Training w/John 10:15 Strength Training w/John 11:15 Farm To Table Nutrition w/Kye Ee Sponsored by Cornell Cooperative 2:00 Caregiver's Group w/Ruth 12:45 Coloring & Tea w/Alice	22 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo 4:00 Social Singles—Meet for Dinner at George White in Syosset
25 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:00 Gentle Flow Yoga w/Patricia 12:45 Choral Group w/ Theresa 1:00 Stretch & Balance w/Gina	26 9:30 Adelphi Nursing Students 10:00 Water Colour Studio 12:45 Bingo 1:00 Line Dancing w/Kathy	27 10:00 Women of the Ages w/Beth 11:00 Gentle Chair Yoga w/Patricia 11:30 Birthday Day  5:30 Black Tie Bingo	28 9:00 Strength Training w/John 10:15 Strength Training w/John 11:00 Cardio Drumming w/Scott from Emerge	29 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo