





<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  <b>10:00am And 11:00 am SPANISH</b>            10:30 New! Creative Writing w/ Kathy and JoAnn            11:00 Gentle Flow Yoga w/Patricia            1:00 Stretch &amp; Balance w/Gina</p> <p><b>Sign Up for Lunch and the Bus at Front Desk or Call Our "Hotline" to leave a message to make a Reservation: (516) 922-6422</b></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 Line Dancing w/Kathy            1:00 Meditation w/ Patricia</p> <p><b>UPCOMING EVENTS:</b></p> <ul style="list-style-type: none"> <li>Festival of Baskets June 19th</li> <li>Father's Day Picnic June 12th</li> </ul>	<p>9:00 Dance Class w/ Terri            10:00 Mah Jongg            10:00 Women of the Ages w/Beth            10:05 Stretch &amp; Balance w/Gina            11:00 Gentle Chair Yoga w/Patricia</p> <p><b>1</b></p> <p><b>10:30 Broadway Trip Departs</b>            11:30 Virtual Trip to Cabo, Mexico  <b>12:00 Cinco de Mayo Lunch</b>            12:45 Crafts w/ Marge and Sue (Pre-register in Program Office)</p>	<p>9:00 Strength Training w/John            10:15 Strength Training w/John  <b>1:00PM Discussion &amp; Snacks w/ Miranda</b></p> <p><b>2</b></p> <p><b>10:30 Trips &amp; Tours Meeting</b>            11:30 Discussion and Reflection: National Day of Prayer  <b>1:00 Activities Meeting</b></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            10:30 Tai Chi w/Spencer Gee            12:45 Bingo            1:00 Movement &amp; Meditation w/ Gina            1:00 Bridge Game</p> <p><b>3</b></p> <p><b>11:00 School Budget Information Panel &amp; Discussion</b>            12:00 Piano Music by Joan            12:45 Bingo</p>
<p><b>6</b></p> <p>10:00 (Spanish is Canceled)  <b>11:00 Holocaust Remembrance With Rabbi Levenson</b>            10:30 Creative Writing Studio            11:00 (Spanish is Canceled)            12:45 Loving Vincent (Movie in the LECOB Library)</p>	<p><b>7</b></p> <p>10:00 Watercolour Painting Class            10:30 SAC Nominations Meeting  <b>10:30 All About Apitherapy</b>  <b>11:00 TR Sanctuary Bird Banding Demonstration</b>            12:45 Bingo!            1:00 pm Tech Time w/ Jillian</p>	<p><b>8 Raynham Hall Visits LECOB!</b></p> <p>10:00 Library Closed            Mah Jongg In the Front Room            11:30 Sit and Be Fit w/ Theresa  <b>12:45 Trip to LIDL</b></p>	<p><b>9</b></p> <p><b>10:30 SAC MEETING</b>            1:00 Discussion &amp; Snacks with Miranda  <b>2:00 Caregiver Support Group</b></p>	<p><b>10 MOTHERS DAY BRUNCHEON (Ticket)</b></p> <p>11:00 Tribute to All Mothers            11:00 Terri's Dancers Perform            12:00 Brunch  <b>12:00 Canasta Group</b>            12:45 Bingo</p>
<p><b>13</b></p> <p>10:00 (Spanish is Canceled)            10:30 Creative Writing Studio            11:00 (Spanish is Canceled)  <b>11:30 Trip: Picnic at Sagamore Hill</b>  <b>12:45 Piano Sing-a-Long with Michele Purcell</b></p>	<p><b>14</b></p> <p><b>10:45 Meet, Greet &amp; Thank a Nassau County Police Officer!</b>  <b>11:45 Senior Advisory Council Vote</b>            12:45 Super Bingo!            1:00 Tech Time w/ Jillian</p> 	<p><b>15 BIRTHDAY DAY!</b></p> <p>10:00 Watercolour Expressions             10:00 Visit from SeniorNet Volunteers  <b>11:30 Birthday Day!</b>  <b>12:45 Trip to Trader Joes/ Arts &amp; Crafts</b>  <b>2:00 Discover Lime, Peru! : An Interactive Live Virtual Tour</b></p>	<p><b>16</b></p> <p>11:15 Nutrition for Strong Bones w/ Khyee from Cornell Cooperative            12:45 Chair Dance with Kim  <b>2:00 Foodie Group</b></p>	<p><b>17</b></p> <p><b>11:30 Kahoot Trivia w/ Theresa</b></p> <p>12:00 Piano Music by Joan            12:45 Bingo</p>
<p><b>20</b></p> <p>10:00 &amp; 11:00 Spanish w/ Vanesa            10:30 Creative Writing Studio  <b>12:45 Chorale Group w/ Theresa</b></p>	<p><b>21 SCHOOL BUDGET VOTE</b></p> <p><b>11:15 Bank Scam Prevention! w/ Charisma from Nassau Federal Credit</b>            10:00 Watercolour Painting Class            12:45 Bingo!            1:00 Tech Time w/ Jillian  <b>7:00 Open Mic Night</b></p> 	<p><b>22</b></p> <p>10:00 Watercolour Expressions  <b>12:45 Trip to IGA Bayville</b>  <b>1:00 Butterfly Stained Glass Art Project with Carol Hartmann of ADRC</b></p>	<p><b>23 Holiday Bake Sale</b> </p> <p>1:00PM Discussion &amp; Snacks w/ Miranda  <b>2:00 Caregiver Support Group</b></p>	<p><b>24 Memorial Day Lunch (Bake Sale)</b> </p> <p><b>11:30 Remembrance &amp; Readings By LECOB Veterans</b>            12:00 Patriotic Piano Music by Joan            12:45 Bingo  <b>12:00 Canasta</b></p>
<p><b>27</b></p> <p>CENTER CLOSED FOR MEMORIAL DAY</p>	<p><b>28</b></p> <p>10:00 Watercolour Studio            12:45 Bingo!            1:00 Tech Time w/ Jillian</p>	<p><b>29</b></p> <p><b>10:00 New! Meditation &amp; Watercolour</b>  <b>12:45 Trip to Stop and Shop</b>  <b>1:00 LECOB Book Club Discussion: Agent Josephine American Beauty French Hero</b></p>	<p><b>30</b></p> <p>11:30 Seated Stretch with Movement Scarves (Theresa)  <b>1:00PM Discussion &amp; Snacks w/ Miranda</b></p>	<p><b>31</b></p> <p><b>11:30 Brain Games with Beth</b>            12:00 Piano Music by Joan            12:45 Bingo</p>