






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

May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>All reservations must be made a day in advance before 12pm</i></p> <p><i>Please reserve on Friday before 12pm for Monday's lunch</i></p>	<p>Select either hot or cold when making your reservations</p> <p>Sign Up at Front Desk or Call Hotline to make a Reservation: (516) 922-6422</p>	<p>1 Cinco de Mayo</p> <p>Arroz con Pollio, black been corn salad, bread, juice, churros</p> <p>No cold option</p>	<p>2</p> <p>Turkey Meatloaf w/ gravy, mashed potatoes, brussel sprouts, biscuit, peaches</p> <p>or Tuna on wheat</p>	<p>3</p> <p>Salmon w/ white wine sauce, baked sweet potato, zucchini, roll, fresh fruit</p> <p>or Turkey on wheat</p>
<p>6</p> <p>Baked ziti, w/ Italian blend veggies, garlic bread, apricots, juice</p> <p>Or Tuna on Wheat</p>	<p>7</p> <p>Herb roasted chicken w/gravy, mashed potatoes, string beans, bisquit, peaches</p> <p>Or Egg Salad on wheat</p>	<p>8</p> <p>Turkey Chili, brown rice, mixed veggies, crackers, juice, fresh fruit</p> <p>Or Tuna on wheat</p>	<p>9</p> <p>Chicken Cutlet w/ chutney, spinach, juice, ww bread, pineapple</p> <p>Or Egg Salad on wheat</p>	<p>10 MOTHER'S DAY</p> <p>French Toast w/ syrup, sausage, orange juice, and watermelon</p>
<p>13</p> <p>Spinach ravioli w/ pomodoro sauce, beef barley soup, garlic bread, juice, fruit cocktail</p> <p>Or Tuna on wheat</p>	<p>14</p> <p>Breaded pork chop, mac & cheese, broccoli, juice, bread, applesauce</p> <p>Or Egg Salad on wheat</p>	<p>15 BIRTHDAY</p> <p>Hamburger w/ cheese, lettuce, tomato, French fries, coleslaw, roll, cake</p> <p>No cold option</p>	<p>16 FOODIE</p> <p>BBQ chicken, corn, juice, bisquit, peaches</p> <p>Or Tuna on wheat</p>	<p>17</p> <p>Potato Crusted Cod, tater tots, macaroni salad, juice, roll, fresh fruit</p> <p>or Turkey on wheat</p>
<p>20</p> <p>Beer battered Cod w/ tartar sauce, baked fries, bean salad, bisquit, mandarin orange</p> <p>or Egg salad on wheat</p>	<p>21</p> <p>Salsbury steak w/ gravy, mashed potatoes, peas & carrots, roll, fresh fruit</p> <p>Chicken salad on wheat</p>	<p>22</p> <p>Grilled cheese, tomato soup, juice, ww bread, apple slices</p> <p>No Cold Option</p>	<p>23</p> <p>Chicken caccitore, brown rice, spinach, juice, Italian bread, pineapple</p> <p>Or Turkey on wheat</p>	<p>24 MEMORIAL DAY</p> <p>Sausage & pepper hero, tossed salad, juice, apple pie</p> <p>No cold option</p>
<p>27 MEMORIAL DAY</p> <p>***CLOSED***</p>	<p>28</p> <p>Ravioli w/sauce, tossed salad, juice, Italian bread, mandarin oranges</p> <p>Or Tuna on wheat</p>	<p>29</p> <p>Apricot chicken, mashed potatoes, peas w/onions, ww bread, pears</p> <p>Or Egg salad on wheat</p>	<p>30</p> <p>Eggplant parmagiana, spaghetti, spinach, juice, Italian bread, peaches</p> <p>Or Tuna on wheat</p>	<p>31</p> <p>Potato crusted cod, sweet potato fries, mixed veggies, ww bread, pineapple</p> <p>Or Egg salad on wheat</p>

****RESERVATIONS REQUIRED A DAY IN ADVANCE BY 12:00 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.