



<u>Every Monday</u> 9:00 Low Impact Cardio w/Terri 10:00am Spanish w/Vanesa 10:30 New! Creative Writing w/ Kathy and JoAnn 11:00 Gentle Flow Yoga w/Patricia 1:00 Stretch & Balance w/Gina	<u>Every Tuesday</u> 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	<u>Every Wednesday</u> 9:00 Dance Class w/ Terri 10:00 Mah Jong 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Chair Yoga w/Patricia	<u>Every Thursday</u> 9:00 Strength Training w/John 10:15 Strength Training w/John 2:00 Caregiver Support Group (twice a month)	<u>Every Friday</u> 9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Carmela 10:30 Tai Chi w/Spencer Gee 1:00 50/50 Movement & Meditation w/ Gina 1:00 Bridge Game
1 10am-12pm Spanish with Vanesa <b>12:45 Oyster Bay Music Festival Performance</b>	2 10:00 Watercolour Painting Class <b>11:15 Oyster Bay Music Festival Performance</b> 12:45 Bingo!	3 11:30 American Trivia 12:45 Fourth of July Entertainment by John Walters 12:45 At Daybreak: Oyster Bay Music Festival	4 <b>CENTER CLOSED FOR</b> 	5 12:00 <b>Canasta Group</b> 12:00 Piano Music by Joan 12:45 Bingo
8 10am-12pm Spanish with Vanesa 10:30 Creative Writing Studio	9 10:00 Watercolour Painting Class <b>11:30 Assemblymember Charles Lavine visits to present a special grant to the Center</b> 12:45 Super Bingo!	10 10:00 <b>New! Watercolour Expressions</b> 12:45 Trip to Trader Joes 12:45 Crafts w/ Marge and Sue	11 10:00 <b>SAC Meeting</b> 2:00 Caregiver Support Group	12 11:30 Brain Games 12:00 Piano Music by Joan 12:45 Bingo
15 10am-12pm Spanish with Vanesa 10:30 Creative Writing Studio <b>12:45 Piano Sing-A-Long w/ Michele Purcell</b>	16 10:00 Watercolour Painting Class 12:45 Bingo!  7:00 <b>Open Mic Night !!</b>	17 10:00 <b>Watercolour Expressions</b> 12:45 Trip to Stop & Shop 1:30 "Breakfast for Your Brain" w/ Beth	18 10:30 Trips & Tours Meeting 1:00 Activities Meeting <b>2:00 Foodies Group w/ Anthony &amp; Beth</b>	19 <b>11:30 T.R. Sanctuary presents: "Birding for Beginners" w/ Roxanna Saravia</b> 12:00 Piano Music by Joan 12:00 Canasta 12:45 Bingo
22 10am-12pm Spanish with Vanesa 10:30 Creative Writing Studio <b>12:45 DRUM FITNESS for Health with physical therapists from Excel at Woodbury, Glen Cove Center for Nursing and Rehab and Emerge</b>	23 10:00 Watercolour Painting Class 12:45 Bingo!	24 <b>9:30 Trip to JONES BEACH</b> 12:45 Crafts w/ Marge and Sue	25 <b>1:00 Watercolour &amp; Meditation</b> 2:00 Caregiver Support Group	26 11:30 Brain Games w/ Beth 12:00 Piano Music by Joan 12:45 Bingo
29 10:00 & 11:00 Spanish w/ Vanessa 10:30 Creative Writing Studio	30 10:00 Watercolour Studio 12:45 Bingo!	31 <b>BIRTHDAY DAY!</b> 11:30 <b>Birthday Day!</b> 12:45 Trip to IGA BAYVILLE 1:00 <b>LECOB Book Club:</b> <u>The River We Remember</u> by Wm. Kent Krueger 	<b>Sign Up for Lunch and the Bus at Front Desk or Call Our Reservation Line to leave a message (516)922-6422</b>	<b>Reservations must be made at least 2 business days in advance. For Monday, please make your reservation by Thursday of the previous week. Thank you!</b>