



<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 12:45 Oyster Bay Music Festival Performance	2 10:00 Watercolour Painting Class 11:15 Oyster Bay Music Festival Performance 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 CENTER CLOSED FOR 	5 12:00 Canasta Group 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 11:30 Assemblymember Charles Lavine visits to present a special grant to the Center 12:45 Super Bingo!	10 10:00 New! Watercolour Expressions 12:45 Trip to Trader Joes 12:45 Crafts w/ Marge and Sue	11 10:00 SAC Meeting 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 12:45 Piano Sing-A-Long w/ Michele Purcell	16 10:00 Watercolour Painting Class 12:45 Bingo! 7:00 Open Mic Night !!	17 10:00 Watercolour Expressions 12:45 Trip to Stop & Shop 1:30 "Breakfast for Your Brain" w/ Beth	18 10:30 Trips & Tours Meeting 1:00 Activities Meeting 2:00 Foodies Group w/ Anthony & Beth	19 11:30 T.R. Sanctuary presents: "Birding for Beginners" w/ Roxanna Saravia 12:00 Piano Music by Joan 12:00 Canasta 12:45 Bingo
22 10am-12pm Spanish with Vanesa 10:30 Creative Writing Studio 12:45 DRUM FITNESS for Health with physical therapists from Excel at Woodbury, Glen Cove Center for Nursing and Rehab and Emerge	23 10:00 Watercolour Painting Class 12:45 Bingo!	24 9:30 Trip to JONES BEACH 12:45 Crafts w/ Marge and Sue	25 1:00 Watercolour & Meditation 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 BIRTHDAY DAY! 11:30 Birthday Day! 12:45 Trip to IGA BAYVILLE 1:00 LECOB Book Club: The River We Remember by Wm. Kent Krueger 	Sign Up for Lunch and the Bus at Front Desk or Call Our Reservation Line to leave a message (516)922-6422	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!

July 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Penne a la Vodka broccoli, Juice, garlic bread, mandarin oranges Or Tuna Salad on Wheat</p>	<p>2 Hamburger w/ Cheese, pickle, lettuce & tomato, French fries, bean salad peaches or Egg Salad on wheat</p>	<p>3 Country Ribs, coleslaw, corn, biscuit, apple pie NO COLD OPTION</p>	<p>4 CENTER CLOSED Happy 4th of July</p>	<p>5 Personal Pizza on authentic pizza crust, tossed salad, and juice, mandarin oranges or Tuna Salad on wheat</p>
<p>8 Chicken & Mushroom Rissoto, spinach, juice, garlic bread Or Tuna Salad on Wheat</p>	<p>9 BBQ Chicken, corn, Four Bean Salad, Biscuit Fruit cocktail Or Turkey on Wheat</p>	<p>10 Pork Chop, carrots, tater tots, roll , apple sauce Or or Egg Salad on wheat</p>	<p>11 Turkey Meatloaf w/ Gravy, mashed potato, peas & onions, pears Or Tuna Salad on Wheat</p>	<p>12 Shrimp Salad Sandwich, lemon potato salad, juice, kaiser roll, fresh fruit No Cold Option</p>
<p>15 Egg Salad Sandwich, lettuce, tomato, potato salad, broccoli salad, apricots No Cold Option</p>	<p>16 Spaghetti & meatballs, Italian blend veggies, juice, garlic bread, pears Or or Egg Salad on wheat</p>	<p>17 Chicken Cobb Salad, beet salad, juice, bread stick, fresh fruit No Cold Option</p>	<p>18 Vegetarian Chili, brown rice, string beans, juice, crackers, apples or Turkey on wheat</p>	<p>19 Beer battered cod w/ tartar sauce, carrot salad, Bread, pineapple or Egg salad on Wheat</p>
<p>22 Ravioli w/ Pomodoro, tossed salad, Italian bread, pears Or Tuna Salad on Wheat</p>	<p>23 Pulled chicken, clear coleslaw, sweet potato potato fries, biscuit, peach cobbler Or or Egg Salad on wheat</p>	<p>24 JONES BEACH TRIP Cranberry Chicken Salad, bean salad, cold feta cous cous, brioche, fruit</p>	<p>25 Asian Pork Tenderloin, Fried Rice, Egg Roll, Wonton Egg Drop Soup, Almond Cookie Or Tuna Salad on Wheat</p>	<p>26 Salmon Cakes, baked potato, zucchini, roll Or or Egg Salad on wheat</p>
<p>29 Fresh Mozzarella & Roasted Peppers, Orzo, vegetable salad, juice, hero, Ice Cream No Cold Option</p>	<p>30 Chicken Quesadilla, rice & peas, vegetable fiesta, juice, tortilla Or Tuna Salad on Wheat</p>	<p>31 BIRTHDAY DAY Asian Chicken Salad, Thai Peanut Noodle, vegetable salad, juice, roll, cake No Cold Option</p>	<p>Select either hot or cold when making your reservations Sign Up at Front Desk or Call Hotline to make a Reservation: (516) 922-6422</p>	<p>NEW Please reserve on the Thursday before 12pm for Monday's lunch. Reserve 2 days in advance</p>

****RESERVATIONS REQUIRED 2 DAYS IN ADVANCE BY 12:00 PM****

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.