The Life Enrichment Center at Oyster Bay

SEPTEMBER 2026

Programs Calendar & Menu can also be found at www.Lecob.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reserve Lunch & Bus 2 days in advance by 2pm. Reservations can be made at the Front Desk or by phone. Call to schedule AND OR cancel (516)922-6422 Programs Subject to Change	1 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 1 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	2 10:00 Captree Fishing Trip Departs – SOLD OUT 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro	3 10:00 Beginner Canasta 1:00 Zumba Gold with Nilo 12:45 Trip to Stop & Shop 1:00 Happy Hookers 2:00 Caregiver Support Group	4 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
7 CLOSED FOR LABOR DAY	8 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 12:45 Super Bingo! 1:00 Meditation (Library)	9 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Did you know? w/ Demi 12:45 Trip to Stop & Shop 1:00 Arts & Crafts w/ Sue and Marge 1:00 Trip & Tours Meeting	10 10:00 Beginner Canasta 10:00 SAC Meeting 11:30 Rosh Hashanah 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth	11 10:00 Sewing Class w/ Stephanie (New!!) 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 11:15 9/11 Memorial 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
14 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE (New!!)	15 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	16 BIRTHDAY DAY 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Nutrition and Eye Health w/ Khy Ee 11:45 Birthday Day Celebration 12:45 Trip to Lidl 2:00 Foodie Group (RSVP TO BETH)	17 10:00 Beginner Canasta 11:00 Urban Zen w/ Glen Gariff 11:00 Comedy with Howard 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Coloring Tea Party w/ Alice 2:00 Caregiver Support Group	18 9:00-12:00 Flu Clinic w/ Northwell Health 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
21 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE (New!!)	22 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library) NASSAU COUNTY OPEN HOUSE!	23 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 12:45 Trip to Trader Joes 1:30 Rhine River Cruise, Music Cities, and South Dakota Badlands Presentation w/ Collette	24 10:00 Beginner Canasta 10:45 Casablanca with Larry 12:45 Trip to Stop & Shop 1:00 Zumba Gold with Nilo 1:00 Happy Hookers 1:00 Breakfast for your Brain w/ Beth	25 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 11:30 Move to the beat w/ Gina 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
28 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE (New!!)	29 9:30 Bronx Zoo Trip Departs– $189pp 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	30 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Music Bingo w/ Deirdre 12:45 Trip to Rottkamp Farms for fresh produce 1:00 Arts & Crafts w/ Sue and Marge 1:00 Book Club: Enormous Wings by	1:00 Rhythm and Dance w/ Kim	