The Life Enrichment Center at Oyster Bay

NOVEMBER 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 Music Mondays w/ Aidan & Eryka	3 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)	4 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Food Safety Tips w/ Khy Ee 12:45 Trip to Stop & Shop 1:00 Arts & Crafts w/ Sue and Marge	5 10:00 Beginner Canasta 11:15 Dream Catcher Craft w/ Silver Linings 1:00 Zumba Gold with Nilo ($5) 1:00 Breakfast for your brain w/ Beth 1:00 Happy Hookers 2:00 Caregiver Support Group	6 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 11:00 Changes to Medicare w/ Jason 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
9 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 Music Mondays w/ Aidan & Eryka 1:00 BINGOCIZE	10 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)	11 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Veterans Day (Sign up in program office to attend!) 12:45 Trip to Lidl 1:00 Hot Takes w/ Aidan & Eryka	12 10:00 Beginner Canasta 10:00 SAC Meeting 11:15 Did you know? w/ Demi 1:00 Zumba Gold with Nilo ($5) 1:00 Happy Hookers 2:00 Foodie Group (RSVP TO BETH)	13 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 11:15 Jeopardy w/ Nursing Students 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
16 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 Seated Dance w/ Kim 1:00 BINGOCIZE	17 10:00 Blood Pressure Screening 10:00 Watercolor Painting Level 2 10:00-12:00 Brown Bag Day w/ St. Johns (Must Sign Up) 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	18 BIRTHDAY DAY 9:30-4:00 Medicare Appointments with Julie Ward-Abdo (Must Sign Up) 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Music Bingo w/ Deirdre 11:45 Birthday Day Celebration 12:45 Trip to Stop & Shop 1:00 Arts & Crafts w/ Sue and Marge 1:00 Trip & Tours Meeting 1:00 Step it up w/ Gina (New! Located in fitness room)	19 10:00 Beginner Canasta 10:30-2:30 HOLIDAY GIFT SHOP 11:15 Transition Care and Financial Scam prevention w/ Judith Rivera and Matt Nartowicz 1:00 Zumba Gold with Nilo ($5) 1:00 Breakfast for your brain w/ Beth 1:00 Coloring Tea Party w/ Alice 1:00 Happy Hookers 2:00 Caregiver Support Group NASSAU COUNTY OPEN HOUSE!	20 10:00 Mahjong for All (Beginners welcome) 10:30 Senior Chat 10:30-2:30 HOLIDAY GIFT SHOP 11:30 Move to the Beat w/ Gina 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game
23 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 BINGOCIZE 12:45 Cardio Drumming w/ Excel	24 BRUNCH 10:00 Blood Pressure Screening 10:30 Grumpy Old Men's Group 12:45 Bingo 1:00 Meditation (Library)	25 10:00 Women of the Ages 10:00 Abstract Art w/ Mike Galatro 11:15 Thanksgiving Celebration! 12:45 Trip to Trader Joes 1:00 Hot Takes w/ Aidan & Eryka	26 HAPPY THANKSGIVING! WE ARE THANKFUL FOR YOU! CENTER CLOSED	27 CENTER CLOSED
30 8:30 Casino Trip – $50 pp 10:00 Creative Writing Studio 10:00 Spanish in the Library 11:00 Spanish in the Library 11:15 Music Mondays w/ Aidan & Eryka 1:00 BINGOCIZE	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			