A Newsletter from
The Life Enrichment Center at Oyster Bay
LECOB Living
Volume 6 Issue 11 November , 2026

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The Gratitude Habit: Finding Joy in the Little Things This November:

As November arrives the crisp autumn air and changing leaves bring a natural time for reflection. With Thanksgiving just around the corner, we often hear about the importance of being thankful. But gratitude is much more than a holiday tradition. It is a powerful, science-backed practice that can transform our physical and emotional well-being. Studies show that focusing on the good can lower blood pressure, improve sleep, and reduce feelings of isolation or stress.

Best of all, gratitude does not require grand gestures or major life events. It thrives in the quiet, ordinary moments of our day. Here are four simple, meaningful ways you can build a daily gratitude practice this November:

Start a Daily List
You do not need an elaborate journal to get started. Find a dedicated note-book and place it on your nightstand or kitchen table. Each morning, before the day gets busy, sit down and write down three specific things you are thankful for. They can be as simple as the warmth of your morning coffee, a good night's rest, or the sound of the rain outside. Keeping this daily list trains your mind to scan for the positive, creating a grounded and peaceful start to your morning.

Share Stories
Our memories are a treasure trove of joy waiting to be rediscovered. This month, make time to dust off old photo albums or look through scrapbooks. Use these visual reminders to share favorite stories and life milestones with children, grandchildren, or join the writing classes at the Center and get them on paper. Reminiscing about the good old days not only sparks happiness within you, but it also strengthens your bonds with the people around you, as you pass down your legacy.

Write a Note
Think of a friend, family member, neighbor, or caregiver who has made a meaningful difference in your life recently. Take a few minutes to send them a quick card or a handwritten note. Expressing appreciation has a double benefit: it gives the recipient a wonderful boost of happiness, and it deeply reinforces your own sense of connection and thankfulness.

Join Community Activities
Gratitude blossoms when it is shared with others. We invite you to participate in the various groups, events and seasonal crafts hosted right here at the Center, check this month's schedule. Gathering together to share what we are thankful for builds a supportive environment where everyone feels seen, valued, and connected.

This November, let us all notice the small blessings all around us and wrap our-selves in a warm blanket of thankfulness.

Directors Corner

November 2026

As I'm writing this, we're in the throes of gala preparation! Just days away, it's all hands on deck for staff and committee members alike. It's going to be a wonderful event, thanks to our honorees, the Italian American Citizens Club of Oyster Bay and our own Filomena Ladisa.

Italians have a rich history in Oyster Bay, and the IACCOB members keep those traditions alive while continuing to serve our community. They've supported our Center for decades, along with so many other organizations in town. And then there's Filomena, 96 years young, who is a regular at the Center. She enjoys lunch with friends, plays bingo, and even takes part in our annual Walk-a-thon!

This fundraiser is vital to our Center, and I want to thank everyone who supported it by attending, donating, or placing an ad in our journal. Special thanks to our generous sponsors, VIP table hosts, and dedicated board. We're also grateful to the local businesses that donated to our auction. I'll be sharing a list of those businesses this month, and I hope you'll support them and let them know you're from the Center!

I also want to thank everyone for their patience and understanding as we rearranged programming this month to accommodate the film shoot in town. We served as a holding facility for the crew for three days. We were hoping Tom Hanks might drop in—there were several sightings around town—but he never made it to the Center!

And finally, the bathroom renovations are starting this month! It's going to be a bit of an inconvenience for a while, but hopefully worth it when everything is done. We're looking forward to having beautiful new bathrooms!

Have a Happy Thanksgiving!

Fondly, Judy

Thank You to our Gala Sponsors

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Kenneth and Rebekah Minicozzi
Bruce Rebold
Stellina Hospitality Group

Special Programs

Changes to Medicare in 2027

Friday, November 6th at 11:00 am

Join Jason Hrzich for an informative presentation on Changes to Medicare in 2027. Learn about upcoming updates, potential changes to coverage and benefits, and what they may mean for you. Bring your questions and get helpful information to better understand your Medicare options for the year ahead.

Veterans Day Celebration

Wednesday, November 11th at 11:15 am

Join us as we honor the brave men and women who have served our country at our annual Veterans Day Recognition Program and Luncheon. Enjoy a delicious meal as we come together to recognize their courage, service, and sacrifice through music, special tributes, and moments of reflection. Let's show our veterans how much they mean to our community! Please register for lunch in advance at the Program Office.

Brown Bag Day with St. John's Pharmacists

Tuesday, November 17th from 10:00-12:00

Join a licensed pharmacist for a personalized 15-minute medication review appointment. Learn tips for organizing prescriptions, understanding side effects, preventing medication interactions, and getting the most benefit from your treatments. Bring your questions and gain helpful guidance on managing your medications safely and effectively. Appointments are required! Sign up in the Program Office prior to the appointment date.

Holiday Gift Shop

Thursday, Nov. 19th to Nov. 20th 10:30am-2:30pm

Kick off the holiday season at our Annual Holiday Gift Shop! Join us for two festive days of shopping...from seasonal décor to handcrafted items and unique gift ideas, you're sure to find something special for everyone on your list. A special thank you to our craft group for lovingly creating special items for the shop. Whether you're looking to decorate your home, find a one-of-a-kind present, or just enjoy the holiday spirit, the Gift Shop is the place to be.

Scam Prevention and Transitional Care

Thursday, November 19th at 11:15am

Matt Nartowicz, who has over 20 years of banking experience and who is now Vice President of First Central Savings Bank, will present ways to spot and stop fraud schemes that target the senior community. He will also explain how using a Savings Bank for your CDs & IRAs can offer higher rates than many regular banks. Judith Rivera, Director of Client Services for CareFirst Home Solutions, will discuss the role of home care in the hospital discharge process.

Thanksgiving Celebration

Wednesday November 25th at 11:30AM

Celebrate the season of gratitude with our Life Enrichment community! Join us for our annual Thanksgiving celebration featuring a delicious holiday meal prepared by Chef Anthony and a time to share our "Thankful Thoughts." Want to help spread the holiday spirit? We're looking for volunteers to deliver Thanksgiving meals to our homebound community members. Please visit the Program Office to learn more!

CENTER TRIPS

November 30th: Empire Casino Trip ($55 pp)

December 7th: Spumoni Gardens & Dyker Heights ($155 pp)

December Date TBD: Old Westbury Gardens Christmas Cream Tea (Price TBD) - Call Demi for more info

See the Program Office to sign up!

Collette Tours & Trips 2026 & 2027

November: Collette Trip to Portugal
11/8 -11/18, 2026

March: America's music cities Tour - New Orleans French Quarter to Tennessee. 3/14-3/21, 2027

June: Spotlight on South Dakota - Mount Rushmore and the Badlands. 6/11-6/17,2027

October: Magical Rhine & Moselle Rivers Cruise
10/5—10/13, 2027

NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spinach & bean soup, tortallini alla vodka, garlic bread, juice, & Ice cream or Tuna ww l/t	3 Herb chicken, sweet potato, mixed veg, biscuit, & mandarin oranges or Egg Salad ww	4 Breaded pork chop, zucchini, mac & cheese, juice, ww bread & peaches or Turkey ww l/t	5 Sausage & peppers hero, tossed salad, juice & pears or tuna ww l/t	6 Pizza, minestrone soup, juice & fresh fruit or Egg salad ww l/t
9 Spinach ravioli w/ garlic butter sauce, field green salad, breadstick, juice & cheesecake or tuna ww l/t	10 chicken cutlet w/ chutney, rice florentine, Italian blend veg, ww bread & apricots or Egg salad ww l/t	11 Veteran's Celeb Shepard's pie, brussel sprouts, roll, juice & lemon merangue pie no cold option	12 Potato crusted cod, french fries, broccoli, biscuit & cookie or tuna ww l/t	13 Salsbury steak, mashed potatoes, peas & onions, roll & pineapple or Turkey ww l/t
16 spaghetti & meatballs, tossed salad, garlic bread, juice & ice cream or tuna ww l/t	17 BBQ chicken, baked beans, coleslaw, biscuit & fresh fruit or egg salad ww l/t	18 Birthday Day Shrimp scampi over linguini, string beans, Italian bread, juice & cake or turkey ww l/t	19 Grilled cheese & tomato soup, juice & cookie no cold option	20 Eggplant parm hero, greek salad, & fruit cocktail or tuna ww l/t
23 Cavatelli w/ pomodoro sauce & ricotta salada, salad, garlic bread, juice & oranges or tuna ww l/t	24 scrambled eggs w/ cheese,hash brown, turkey sausage, orange juice, pancakes & fresh fruit salad -no cold	25 Thanksgiving Party turkey w/gravy, mashed sweet potato, bread stuffing, string beans almondine, roll & pie no cold option	26 CENTER CLOSED	27 CENTER CLOSED
30 Ravioli, french onion soup, italian blend veg, gralic bread & pineapple or turkey ww l/t	1 Beef meatloaf w/ gravy, mashed potato, spinach, biscuit & pears or Egg Salad ww l/t	2 chicken pot pie, broccoli, roll, juice & fresh fruit or tuna ww l/t	3 cheeseburger, tater tots, cole slaw, & pudding or egg salad ww l/t	4 Pizza, shrimp chowder, cucumber salad & ice cream or Tuna ww l/t

RESERVATIONS REQUIRED 2 DAYS IN ADVANCE BY 2:00 PM 516-922-6422

YOUR MEAL DONATION OF $3.00 - $5.00 is GREATLY APPRECIATED

No person will be denied a service because of inability to contribute.

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

The Life Enrichment Center at Oyster Bay

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We're on the Web!
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Day Break
Social Adult Day Care

Do you know a senior experiencing memory loss?

Our day program provides therapeutic recreation and enriching activities that inspire social connection, stimulate the mind, and promote overall well-being. Led by our professional staff, participants enjoy a safe, supportive, and welcoming environment, while caregivers gain peace of mind knowing their loved one is active, engaged, and cared for with dignity and respect.

The Life Enrichment Center at Oyster Bay

Monday-Friday, 10AM - 3 PM
Call 516-930-0485 Email - BridgetD@lecob.org