

# November 2024

The Life Enrichment Center at Oyster Bay  
45 E Main St, Oyster Bay, NY 11771  
(516) 922-1770



# Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Blood Pressure Screenings with Nurse Barbara &amp; Nurse Janice Every Tuesday &amp; Friday from 10am until 12pm</b></p> <p><b>And Blood Pressure Screenings with Adelphi Nurses on Wednesday from 10am until 12pm</b></p>			<p><b>Upcoming Dates:</b></p> <p><b>Dec 12 &amp; 13th- Cookie Sale</b></p> <p><b>Dec 18th- Christmas Party</b></p> <p><b>Dec 27th- Hanukkah Celebration</b></p>	<p>1</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 <b>Move To The Music with Gina</b> 12:00 Piano Music by Joan 12:45 Bingo 1:00 Movement &amp; Meditation</p>
<p>4</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 11:15 Walking Club 12:45 <b>Seated Dance w/Kim</b> 1:00 Canasta 1:00 Stretch &amp; Balance 1:00 Activities Meeting</p>	<p>5</p> <p>9:00 Strength Training and again at 10:15 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 11:00 <b>Diwali Cultural Dance by Syosset Students</b> 12:45 Bingo 1:00 Line Dancing 1:00 Meditation</p>	<p>6</p> <p>9:00 <b>Appointments with Julie Abdo until 4pm</b> 9:00 Low Impact Cardio 10:00 Watercolour Expressions 10:00 Mah Jong 10:00 Women of the Ages 10:05 Stretch &amp; Balance 11:00 Gentle Chair Yoga 11:00 <b>Veterans Day Ceremony and Lunch</b> 12:45 Craft Group 12:45 Trip to Stop &amp; Shop</p>	<p>7</p> <p>9:00 Strength Training and again at 10:15 10:30 Trips &amp; Tours Meeting 10:30 <b>Thoughtful Thursdays</b> 1:00 Zumba Gold 1:00 <b>Coloring and Tea Party</b> 2:00 <b>Caregivers Group</b> 6:00 <b>Annual Gala at Brookville Country Club</b></p>	<p>8</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 <b>Brain &amp; Body Fitness</b> 12:45 <b>Healthy Bowel &amp; Bladder Seminar</b> 12:00 Piano Music by Joan 12:45 Bingo 1:00 Movement &amp; Meditation</p>
<p>11</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 11:15 Walking Club 12:45 <b>Patriotic Sing-A-Long with Michelle</b> 1:00 Canasta 1:00 Stretch &amp; Balance</p>	<p>12</p> <p>8:00 <b>Trip departs for NYC Tour of Old St. Pat's</b> 9:00 Strength Training 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 12:45 Bingo 1:00 Line Dancing 1:00 Meditation 7:00 <b>Open Mic Night</b></p>	<p>13</p> <p>9:00 Low Impact Cardio 10:00 Women of the Ages 10:05 Stretch &amp; Balance 10:15 <b>Abstract Art Class</b> 11:00 Gentle Chair Yoga 11:30 <b>Birthday Day</b> 12:45 Trip to Trader Joe's 4:00 <b>Foodie Group Dinner (Meet at Restaurant)</b></p>	<p>14</p> <p>9:00 Strength Training and again at 10:15 10:30 S.A.C. Meeting 10:30 <b>Thoughtful Thursdays</b> 1:00 Zumba Gold 2:00 <b>Foodies Group w/ Anthony &amp; Beth</b></p>	<p>15</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 <b>Brain &amp; Body Fitness</b> 12:00 Piano Music by Joan 12:45 Bingo 1:00 Movement &amp; Meditation</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">18</p> <p>9:00 Low Impact Cardio          10:30 Creative Writing          11:00 Gentle Flow Yoga          11:15 Walking Club          12:45 Music Bingo with              Dierdre of OB Manor          1:00 Canasta          1:00 Stretch &amp; Balance</p>	<p style="text-align: right;">19</p> <p>9:00 Appointments with              Julie Abdo until 4pm          9:00 Strength Training              and again at 10:15          10:00 Watercolour Class          10:30 Grumpy Old Men          11:30 Visit by Charles Lavine          12:45 Bingo          1:00 Line Dancing          1:00 Meditation</p>	<p style="text-align: right;">20</p> <p>9:00 Low Impact Cardio          10:00 Watercolour              Expressions          10:00 Mah Jong          10:05 Stretch &amp; Balance          10:15 Abstract Art Class          11:00 Gentle Chair Yoga          12:45 Trip to IGA          1:00 Book Club Discussion</p>	<p style="text-align: right;">21</p> <p><u>Holiday Boutique Day</u>          9:00 Strength Training              and again at 10:15          11:15 Finding Sugar in Food              Labels with Cornell          1:00 NEW Zumba Gold          2:00 Caregivers Group</p>	<p style="text-align: right;">22</p> <p><u>Holiday Boutique Day</u>          9:00 Low Impact Cardio          10:30 Senior Chat          10:30 Tai Chi w/Spencer          11:30 Brain Games          12:00 Piano Music by              Joan          12:45 Bingo          1:00 Movement &amp;              Meditation</p>
<p style="text-align: right;">25</p> <p>9:00 Low Impact Cardio          10:30 Creative Writing          11:00 Gentle Flow Yoga          12:45 Cardio Drum Fitness              w/Vicki from Emerge          1:00 Canasta          1:00 Stretch &amp; Balance</p>	<p style="text-align: right;">26</p> <p>9:00 Strength Training              and again at 10:15          10:00 St. Francis Health Van          10:00 Watercolour Studio          10:30 Grumpy Old Men          12:45 Bingo          1:00 Line Dancing          1:00 Meditation</p>	<p style="text-align: right;">27</p> <p>9:00 Low Impact Cardio          10:00 Mah Jong          10:05 Stretch &amp; Balance          10:15 Abstract Art Class          11:00 Gentle Chair Yoga          11:30 Thanksgiving Lunch              Gratefulness Thoughts              &amp; Poetry</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">Center Closed          Thanksgiving          Holiday</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Center Closed          Thanksgiving          Holiday</p>



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30am – 4:30pm

Meals suggested contribution: \$3 - \$5

Transportation suggested contribution: \$3

Exercise suggested contribution: \$5

Site Council Meeting: 11-14-24 at 10:30am

Birthdays Celebration: 11-13-24 at 11:30am

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.  
 PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &  
 EXERCISE CLASSES.