

# December 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

2	3	4	5	6
<p><b>9:00 Let's Decorate for the Holidays</b></p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga <b>12:45 Seated Dance w/Kim</b> 1:00 Canasta 1:00 Stretch &amp; Balance 1:00 Activities Meeting</p>	<p>9:00 Strength Training and again at 10:15 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 12:45 Bingo 1:00 Line Dancing 1:00 Meditation</p>	<p>9:00 Low Impact Cardio 10:00 Watercolour Expressions 10:00 Mah Jong 10:00 Women of the Ages <b>10:00 Abstract Art Class</b> 10:05 Stretch &amp; Balance 11:00 Gentle Chair Yoga 12:45 Craft Group 12:45 Trip to Stop Rite in Plainview</p>	<p>9:00 Strength Training and again at 10:15 <b>9:00 Making Holiday Baskets for Our Homebound Members</b> <b>10:30 Thoughtful Thursdays</b> 1:00 Zumba Gold <b>1:00 Coloring and Tea Party</b> <b>2:00 Caregivers Group</b></p>	<p>9:00 Low Impact Cardio 10:30 Senior Chat <b>11:00 Pearl Harbor Remembrance</b> 10:30 Tai Chi w/Spencer <b>11:30 Move To The Music with Gina</b> 12:00 Piano Music by Joan 12:45 Bingo 1:00 Movement &amp; Meditation</p>
9	10	11	12	13
<p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:15 Walking Club <b>12:45 Hot Cocoa &amp; Lessons in Carols w/Charles Alvarenja</b> 1:00 Canasta 1:00 Stretch &amp; Balance 1:00 Activities Meeting</p>	<p>9:00 Strength Training and again at 10:15 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 12:45 Bingo 1:00 Line Dancing <b>7:00 Open Mic Night</b></p>	<p>9:00 Low Impact Cardio <b>9:45 Trip to Tanger Outlets</b> 10:00 Watercolour Expressions 10:00 Mah Jong 10:00 Women of the Ages <b>10:00 Abstract Art Class</b> 10:05 Stretch &amp; Balance 11:00 Gentle Chair Yoga <b>11:30 Birthday Day</b></p>	<p>9:00 Strength Training and again at 10:15 <b>10am-3pm Cookie Sale</b> 10:00 S.A.C. Meeting <b>10:30 Thoughtful Thursdays</b> 1:00 Zumba Gold <b>2:00 Foodies Group w/ Anthony &amp; Beth for Holiday Potluck Party</b></p>	<p>9:00 Low Impact Cardio <b>10am-3pm Cookie Sale</b> 10:30 Senior Chat 10:30 Tai Chi w/Spencer <b>11:00 Christmas Caroling</b> 12:00 Piano Music by Joan 12:45 Bingo 1:00 Movement &amp; Meditation</p>
16	17	18	19	20
<p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 11:15 Walking Club <b>12:45 Pokemo and Prizes w/Mike from Sunrise</b> 1:00 Canasta 1:00 Stretch &amp; Balance</p>	<p>9:00 Strength Training 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 12:45 Bingo 1:00 Line Dancing 1:00 Meditation</p>	<p>9:00 Low Impact Cardio 10:00 Women of the Ages 10:05 Stretch &amp; Balance <b>10:00 Abstract Art Class</b> 11:00 Gentle Chair Yoga <b>11:30 Christmas Party - w/ Terry's Dancers - Lunch Plus a visit from Santa &amp; Mrs. Claus</b></p>	<p>9:00 Strength Training and again at 10:15 <b>10:30 Thoughtful Thursdays</b> <b>11:00 Vernon School Choir</b> 1:00 Zumba Gold <b>2:00 Caregivers Group</b></p>	<p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer <b>11:30 Syosset Vocal Jazz Performs</b> 12:00 Piano Music by Joan 12:45 Bingo 1:00 Movement &amp; Meditation</p>

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
9:00 Low Impact Cardio 10:30 Creative Writing 11:00 Gentle Flow Yoga 11:15 Walking Club 12:45 Cardio Drumming w/ Mary & Vicki from Emerge 1:00 Canasta 1:00 Stretch & Balance	<b>Center Closed Holiday</b>	<b>Center Closed Holiday</b>	9:00 Strength Training and again at 10:15 1:00 NEW Zumba Gold	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 & Meditation
30	31			
9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 11:15 Walking Club 11:30 Hanukkah Party w/ Traditional Lunch 1:00 Canasta 1:00 Stretch & Balance	9:00 Strength Training and again at 10:15 10:00 Watercolour Class 10:30 Grumpy Old Men 11:30 New Year Mock Countdown Toast & Sing 12:45 Bingo 1:00 Line Dancing 1:00 Meditation	<b>Blood Pressure Screenings with Nurse Barbara &amp; Nurse Janice Every Tuesday &amp; Friday from 10am until 12pm</b>	<b>Sign Up for Lunch and the Bus 2 days in advance at Front Desk or Call our Reservation Line to leave a message  (516)922-6422</b>	



**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: 12-12-24 at 10:00am

Birthdays Celebration: 12-11-24 at 11:30am

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &  
 EXERCISE CLASSES.