

# January 2025

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 style="text-align: center;">Center Closed<br/>Holiday</p>                                                                                                                                                                                                                                                                                                                                                                     | <p style="text-align: right;">1</p> <p>9:00 Strength Training and again at 10:15<br/>             10:30 Trip &amp; Tour Meeting<br/>             1:00 Zumba Gold<br/>             1:00 Activities Meeting</p>                                                                                                                                 | <p style="text-align: right;">2</p> <p>9:00 Low Impact Cardio<br/>             10:30 Senior Chat<br/>             10:30 Tai Chi w/Spencer<br/>             11:30 Move To The Music with Gina<br/>             12:00 Piano Music by Joan<br/>             12:45 Bingo<br/>             1:00 Cardio Drumming</p> |
| <p style="text-align: right;">6</p> <p>9:00 Low Impact Cardio<br/>             10:00 Spanish w/Vanesa<br/>             10:30 Creative Writing<br/>             11:00 Gentle Flow Yoga<br/>             12:45 Seated Dance w/Kim<br/>             1:00 Canasta<br/>             1:00 Stretch &amp; Balance</p> | <p style="text-align: right;">7</p> <p>9:00 Strength Training and again at 10:15<br/>             10:00 Watercolour Painting Class<br/>             10:30 Grumpy Old Men<br/>             11:15 Exercise at Home Seminar w/John<br/>             12:45 Bingo<br/>             1:00 Line Dancing</p> | <p style="text-align: right;">8</p> <p>9:00 Low Impact Cardio<br/>             10:00 Watercolour Expressions<br/>             10:00 Mah Jong<br/>             10:00 Women of the Ages<br/>             10:00 Abstract Art Class<br/>             10:05 Stretch &amp; Balance<br/>             11:00 Gentle Chair Yoga<br/>             1:00 Harvesting Native Seeds -TR Sanctuary<br/>             1:00 Book Club-Magic Hour</p> | <p style="text-align: right;">9</p> <p>9:00 Strength Training and again at 10:15<br/>             10:00 S.A.C. Meeting<br/>             12:45 Special Presentation - Shades of Ireland w/ Colette Tours<br/>             1:00 Zumba Gold<br/>             2:00 Foodies Group w/ Anthony &amp; Beth<br/>             2:00 Caregivers Group</p> | <p style="text-align: right;">10</p> <p>9:00 Low Impact Cardio<br/>             10:30 Senior Chat<br/>             10:30 Tai Chi w/Spencer<br/>             11:30 Brain &amp; Body Fitness<br/>             12:00 Piano Music by Joan<br/>             12:45 Bingo<br/>             1:00 Cardio Drumming</p>   |
| <p style="text-align: right;">13</p> <p>9:00 Low Impact Cardio<br/>             10:00 Spanish w/Vanesa<br/>             10:30 Creative Writing<br/>             11:00 Gentle Flow Yoga<br/>             1:00 Canasta<br/>             1:00 Stretch &amp; Balance</p>                                          | <p style="text-align: right;">14</p> <p>9:00 Strength Training<br/>             10:00 Watercolour Painting Class<br/>             10:30 Grumpy Old Men<br/>             12:45 Bingo<br/>             1:00 Line Dancing<br/>             1:00 Meditation<br/>             7:00 Open Mic Night</p>    | <p style="text-align: right;">15</p> <p>9:00 Low Impact Cardio<br/>             10:00 Mah Jong<br/>             10:00 Women of the Ages<br/>             10:05 Stretch &amp; Balance<br/>             10:00 Abstract Art Class<br/>             11:00 Gentle Chair Yoga<br/>             11:30 Birthday Day<br/>             12:45 Trip to Stop &amp; Shop<br/>             12:45 Craft Group w/Sue &amp; Margie</p>             | <p style="text-align: right;">16</p> <p>9:00 Strength Training and again at 10:15<br/>             12:45 Trivia Contest &amp; Prizes w/Arbors Assit. Living<br/>             1:00 Zumba Gold</p>                                                                                                                                              | <p style="text-align: right;">17</p> <p>9:00 Low Impact Cardio<br/>             10:30 Senior Chat<br/>             10:30 Tai Chi w/Spencer<br/>             11:30 Martin Luther King Tribute<br/>             12:00 Piano Music by Joan<br/>             12:45 Bingo<br/>             1:00 Cardio Drumming</p> |

| Monday                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                   | Thursday                                                                                                                     | Friday                                                                                                                                        |
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| 20                                                                                                                                                                                                                       | 21                                                                                                                                                                                        | 22                                                                                                                                                                                                          | 23                                                                                                                           | 24                                                                                                                                            |
| Center Closed<br>Holiday                                                                                                                                                                                                 | 9:00 Strength Training<br>10:00 Watercolour<br>Painting Class<br>10:30 Grumpy Old Men<br>11:15 Stroke Prevention w/<br>NYU Langone<br>12:45 Bingo<br>1:00 Line Dancing<br>1:00 Meditation | 9:00 Low Impact Cardio<br>10:00 Women of the Ages<br>10:05 Stretch & Balance<br>10:00 Abstract Art Class<br>11:00 Gentle Chair Yoga<br>11:00 Special Presentation<br>w/Lauren from The<br>Waterfront Center | 9:00 Strength Training<br>and again at 10:15<br>1:00 Zumba Gold<br>1:00 Breakfast for Your<br>Brain<br>2:00 Caregivers Group | 9:00 Low Impact Cardio<br>10:30 Senior Chat<br>10:30 Tai Chi w/Spencer<br>12:00 Piano Music by<br>Joan<br>12:45 Bingo<br>1:00 Cardio Drumming |
| 27                                                                                                                                                                                                                       | 28                                                                                                                                                                                        | 29                                                                                                                                                                                                          | 30                                                                                                                           |                                                                                                                                               |
| 9:00 Low Impact Cardio<br>10:00 Spanish w/Vanesa<br>10:30 Creative Writing<br>11:00 Gentle Flow Yoga<br>11:15 Walking Club<br>12:45 Cardio Drumming w/<br>w/ Vicki from Emerge<br>1:00 Canasta<br>1:00 Stretch & Balance | 9:00 Strength Training<br>and again at 10:15<br>10:00 Watercolour Studio<br>10:30 Grumpy Old Men<br>12:45 Bingo<br>1:00 Line Dancing<br>1:00 Meditation                                   | 9:00 Low Impact Cardio<br>10:00 Women of the Ages<br>10:05 Stretch & Balance<br>10:00 Abstract Art Class<br>11:00 Gentle Chair Yoga<br>11:30 Chinese New Year<br>Celebration – Virtual<br>Trip to China     | 9:00 Strength Training<br>and again at 10:15<br>1:00 Zumba Gold<br>1:00 Coloring & Tea<br>w/Alice                            |                                                                                                                                               |



**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: 1-9-25 at 10am

Birthdays Celebration: 1-15-25 at 11:30am

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