

February 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>February is Recreation Therapy Month</p> | <p>SHOW LOVE TO YOURSELF FOR HEART HEALTH AWARENESS MONTH</p> <p>JOIN OUR 15-MINUTE FITNESS CHALLENGE!!</p> | <p> Valentine's Party on Friday 2-14-25</p> <p>(Wear Red or Pink)</p> | <p></p> | <p>SAVE THESE MARCH DATES:</p> <p>Tues 3-4-25 Mardi Gras</p> <p>Thurs 3-13-25 St. Pat's Party</p> |
|--|---|--|--|--|
| <p>3</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 11:30 15 Minutes of Fitness Challenge 12:45 Seated Dance w/Kim 1:00 Canasta 1:00 Stretch & Balance</p> | <p>4</p> <p>9:00 Strength Training and again at 10:15 9:30 Adelphi Nurses 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 11:30 Tai Chi with Betty 12:45 Bingo 1:00 Line Dancing 1:00 Meditation</p> | <p>5</p> <p>9:00 Low Impact Cardio 10:00 Watercolour Expressions 10:00 Mah Jong 10:00 Women of the Ages 10:00 Abstract Art Class 10:05 Stretch & Balance 11:00 Gentle Chair Yoga 12:45 Trip to Trader Joe's 1:00 Book Club: The Authenticity Project</p> | <p>6</p> <p>9:00 Strength Training and again at 10:15 10:30 Trip & Tour Meeting 10:30 Thoughtful Thursdays 12:30 Super Bowl Kickoff Event 1:00 Zumba Gold (sponsored by NCOFA) 1:00 Activities Meeting 1:00 Coloring & Tea 2:00 Caregivers Group</p> | <p>7</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 Move To The Music with Gina 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming 2:00 Mah Jongg</p> |
| <p>10</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 11:30 Super Prize Winners Announced 12:00 LECOB 48th Anniversary 1:00 Canasta 1:00 Stretch & Balance</p> | <p>11</p> <p>9:00 Strength Training 9:30 Adelphi Nurses 10:00 Watercolour Painting Class 11:00 Chinese Dancers From Yes I Can Studio 10:30 Grumpy Old Men 12:45 Super Bingo 1:00 Line Dancing 1:00 Meditation</p> | <p>12</p> <p>9:00 Low Impact Cardio 10:00 Mah Jong 10:00 Women of the Ages 10:05 Stretch & Balance 10:00 Abstract Art Class 11:00 Gentle Chair Yoga 12:45 Trip to Stop & Shop 12:45 Craft Group</p> | <p>13</p> <p>9:00 Strength Training and again at 10:15 10:30 Thoughtful Thursdays 12:45 Friends of Bay - Volunteer w/Amanda 1:00 Zumba Gold (sponsored by NCOFA)</p> | <p>14</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:00 Valentine's Party w/ Music by Michelle 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 17 | 18 | 19 | 20 | 21 |
| Center Closed Holiday | 9:00 Strength Training 9:30 Adelphi Nurses 10:00 Watercolour Painting Class 10:30 Grumpy Old Men 11:15 Stroke Prevention w/ NYU Langone 12:45 Bingo 1:00 Line Dancing 1:00 Meditation 7:00 Open Mic Night | 9:00 Low Impact Cardio 10:00 Women of the Ages 10:05 Stretch & Balance 10:00 Abstract Art Class 11:00 Gentle Chair Yoga 11:30 Birthday Day 12:45 Trip to Lidl 12:45 Valentine's Family Feud w/Kristen from Excel | 9:00 Strength Training and again at 10:15 10:30 Thoughtful Thursdays 11:15 Nutrition w/Khy Ee From Cornell Coop. 1:00 Zumba Gold (sponsored by NCOFA) 2:00 Caregivers Group 2:00 Foodie Group with Anthony | 9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 Move To The Beat w/Theresa 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming 2:00 Mah Jongg |
| 24 | 25 | 26 | 27 | 28 |
| 9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Cardio Drumming w/ w/ Vicki from Emerge 1:00 Canasta 1:00 Stretch & Balance | 9:00 Strength Training and again at 10:15 9:30 Adelphi Nurses 10:00 Watercolour Studio 10:30 Grumpy Old Men 12:45 Bingo 1:00 Line Dancing 1:00 Meditation | 9:00 Low Impact Cardio 10:00 Women of the Ages 10:05 Stretch & Balance 10:00 Abstract Art Class 11:00 Gentle Chair Yoga 12:45 Craft Group 12:45 Trip to IGA Bayville 1:00 Book Club: The Lion Women of Teheran | "Nassau County Open House Day" 9:00 Strength Training and again at 10:15 10:00 Mobile Office Hours From The Office of Congressman Tom Suozzi until 2pm 10:30 Thoughtful Thursdays 1:00 Zumba Gold (sponsored by NCOFA) | 9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 Move To The Beat w/Bridget 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming 2:00 Mah Jongg |



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

Birthdays Celebration: 2-19-2025 at 11:30am

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
 EXERCISE CLASSES.