

March 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>3</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Karaoke w/Theresa 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 10:30 Grumpy Old Men 12:00 Mardi Gras Lunch 12:45 Music by Willy Sacco 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 Lidl 12:45 Craft Group</p>	<p>6</p> <p>9:00 Strength Training and again at 10:15 10:30 Trip & Tour Meeting 10:30 Thoughtful Thursdays 12:45 Trivia Contest 1:00 Zumba Gold (sponsored by NCOFA) 2:00 Activities Meeting 2:00 Caregivers Group</p>	<p>7</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:15 Fitness Challenge Awards 11:30 Move To The Music 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming</p>
<p>10</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Seated Dance w/Kim 1:00 Canasta 1:00 Stretch & Balance</p>	<p>11</p> <p>9:00 Strength Training and again at 10:15 9:30 Adelphi Nurses 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 Watercolour Expressions 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 12:45 Craft Group</p>	<p>13</p> <p>9:00 Strength Training and again at 10:15 10:00 S.A.C. Meeting 10:30 Thoughtful Thursdays 11:30 St. Patrick's Party w/Entertainment (Ticket reservations Required) 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 Fitness with Theresa 12:00 Piano Music by Joan 12:45 Bingo 12:45 My Secret Italian Documentary 1:00 Cardio Drumming</p>
<p>17</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 St. Patrick Day Bingo w/ Kristen from Excel 1:00 Canasta 1:00 Stretch & Balance</p>	<p>18</p> <p>9:00 Strength Training 9:30 Adelphi Nurses 10:00 Watercolour Class 10:30 Grumpy Old Men 11:15 Scam Prevention from Senator Jack Martin's Office 12:45 Bingo 1:00 Line Dancing 7:00 Open Mic Night</p>	<p>19</p> <p>9:00 Low Impact Cardio 10:00 Watercolour Expressions 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 Stop & Shop 12:45 Craft Group</p>	<p>20</p> <p>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</p>	<p>21</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:30 Social Work Month W/Beth 12:00 Piano Music by Joan 12:45 Bingo 1:00 Cardio Drumming 2:00 Mah Jongg</p>

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
<p>"Nassau County Open House Day"</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Spanish w/Vanesa</p> <p>10:30 Creative Writing</p> <p>11:00 Gentle Flow Yoga</p> <p>12:45 Cardio Drumming w/ w/ Vicki from Emerge</p> <p>1:00 Canasta</p> <p>1:00 Stretch & Balance</p>	<p>9:00 Strength Training and again at 10:15</p> <p>9:30 Adelphi Nurses</p> <p>10:00 Watercolour Studio</p> <p>10:30 Grumpy Old Men</p> <p>12:45 Bingo</p> <p>1:00 Line Dancing</p> <p>1:00 Meditation</p>	<p>9:00 Low Impact Cardio</p> <p>10:00 Women of the Ages</p> <p>10:05 Stretch & Balance</p> <p>10:00 Abstract Art Class</p> <p>11:00 Gentle Chair Yoga</p> <p>12:45 Craft Group</p> <p>12:45 Trip to Shop Rite</p> <p>1:00 Book Club: All The Colors of The Dark</p>	<p>9:00 Strength Training and again at 10:15</p> <p>10:30 Thoughtful Thursdays</p> <p>1:00 Zumba Gold (sponsored by NCOFA)</p> <p>1:00 Breakfast for Your Brain w/Beth</p>	<p>9:00 Low Impact Cardio</p> <p>10:30 Senior Chat</p> <p>10:30 Tai Chi w/Spencer</p> <p>11:00 Stroke Prevention w/ Rose of G.C. Hospital</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo</p> <p>1:00 Cardio Drumming</p> <p>2:00 Mah Jongg</p>
31		<p>Beaded Bracelet Workshop</p> <p>on Wednesday 3-26-25</p> <p>From 1:00pm – 3:00pm</p> <p>with Galina Lampert</p> <p>(Register in the Program Office)</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: 3-13-25 at 11:30am

Birthdays Celebration: 3-19-2025 at 11:30am

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