

April 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>1</p> <p>9:00 Strength Training and again at 10:15</p> <p>10:00 Blood Pressure Screenings w/Nurse Every Tues & Friday until 12pm</p> <p>10:00 Watercolour Class</p> <p>10:30 Grumpy Old Men</p> <p>1:00 Line Dancing</p> <p>1:00 Meditation</p>	<p>2</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Watercolour Expressions</p> <p>10:00 Mah Jong</p> <p>10:00 Women of the Ages</p> <p>10:00 Abstract Art Class</p> <p>10:05 Stretch & Balance</p> <p>11:00 Gentle Chair Yoga</p> <p>12:45 Trip to Lidl</p> <p>12:45 Craft Group</p> <p>1:15 Movie – Inside Out</p>	<p>3</p> <p>9:00 Strength Training and again at 10:15</p> <p>10:30 Trip & Tour Meeting</p> <p>10:30 Thoughtful Thursdays</p> <p>1:00 Zumba Gold (sponsored by NCOFA)</p> <p>1:00 Activities Meeting</p> <p>2:00 Caregivers Group</p>	<p>4</p> <p>9:00 Low Impact Cardio</p> <p>10:30 Senior Chat</p> <p>10:30 Tai Chi w/Spencer</p> <p>11:30 Move To The Beat</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo</p> <p>1:00 Cardio Drumming</p> <p>1:00 Bridge game</p> <p>2:00 Mah Jongg</p>
<p>7</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>1:00 Canasta</p> <p>1:00 Stretch & Balance</p>	<p>8</p> <p>9:00 Strength Training and again at 10:15</p> <p>10:30 Grumpy Old Men</p> <p>11:00 Fall Prevention w/Metro PT</p> <p>12:45 Super Bingo</p> <p>1:00 Line Dancing</p> <p>1:00 Meditation</p>	<p>9</p> <p>8:00 Bus departs for CIA Lunch & Tour</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Mah Jong</p> <p>10:00 Women of the Ages</p> <p>10:00 Abstract Art Class</p> <p>10:05 Stretch & Balance</p> <p>11:00 Gentle Chair Yoga</p> <p>12:45 Trip to Trader Joe's</p>	<p>10</p> <p>9:00 Strength Training and again at 10:15</p> <p>10:00 S.A.C. Meeting</p> <p>10:30 Thoughtful Thursdays</p> <p>11:30 Passover Celebration</p> <p>1:00 Zumba Gold (sponsored by NCOFA)</p> <p>2:00 Foodie Group with Anthony & Beth</p>	<p>11</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 Seated Fitness with Pro-Sports PT</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>
<p>14</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 Seated Dance w/Kim</p> <p>1:00 Canasta</p> <p>1:00 Stretch & Balance</p>	<p>15</p> <p>9:00 Strength Training</p> <p>10:00 Watercolour Class</p> <p>10:30 Grumpy Old Men</p> <p>11:15 Wellness Reminders with Barbara</p> <p>12:45 Bingo</p> <p>1:00 Line Dancing</p> <p>7:00 Open Mic Night</p>	<p>16</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Watercolour Expressions</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>11:30 Brunch Day</p> <p>12:45 Trip to Stop & Shop</p> <p>1:00 Metro Active & Fit</p>	<p>17</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>2:00 Caregivers Group</p>	<p>18</p> <p>9:00 Low Impact Cardio</p> <p>10:30 Senior Chat</p> <p>10:30 Tai Chi w/Spencer</p> <p>11:30 Social Work Month W/Beth</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>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p>9:00 Low Impact Cardio 10:00 Spanish w/Vanesa 10:30 Creative Writing 11:00 Gentle Flow Yoga 12:45 Chair Fitness with Melissa 1:00 Canasta 1:00 Stretch & Balance</p>	<p>22</p> <p>9:00 Strength Training and again at 10:15 10:00 Watercolour Studio 10:30 Grumpy Old Men 11:15 Nutrition w/Khy Ee From Cornell Coop. 12:45 Bingo 1:00 Line Dancing 1:00 Meditation</p>	<p>23</p> <p>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 Shop Rite 1:00 Metro Active & Fit</p>	<p>24</p> <p>9:00 Strength Training and again at 10:15 10:30 Thoughtful Thursdays 1:00 Zumba Gold (sponsored by NCOFA) 1:00 Breakfast for Your Brain w/Beth 1:00 Coloring & Tea Party</p>	<p>25</p> <p>9:00 Low Impact Cardio 10:30 Senior Chat 10:30 Tai Chi w/Spencer 11:00 How to Prepare to Sell Your Home 12:00 Piano Music w/Joan 12:45 Bingo 1:00 Cardio Drumming 2:00 Mah Jongg</p>
<p>28</p> <p>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</p>	<p>29</p> <p>9:00 Strength Training and again at 10:15 10:00 Watercolour Studio 10:30 Grumpy Old Men 11:15 Wildlife Jeopardy with Caroline 12:45 Bingo 1:00 Line Dancing 1:00 Meditation</p>	<p>30</p> <p>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 11:15 Volunteer Appreciation Day 12:45 Trip to Shop Rite 1:00 Metro Active & Fit 1:30 Book Club Meets</p>		<p><u>Upcoming Events in May</u></p> <p>5-05 Cinco de Mayo Party</p> <p>5-08 Mother's Day Celebration</p> <p>5-22 & 5-23 Bake Sale</p> <p>5-23 Memorial Day Remembrance Lunch</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: 4-10-25 at 10am

Birthdays Celebration: 4-23-25 at 11:30am

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.