

Doubleday Babcock Senior Center
45 E. Main Street, Oyster Bay, NY ♦ 516 922-1770
CONTINUING EDUCATION -Spring 2008

MONDAY AND WEDNESDAY

NEW PIANO LESSONS – “Empower Your Memory” - Learn entire keyboard on the first lesson. Teacher's unique method for easy learning. You do not need a piano at home to learn. Four students per evening, half hour lesson each student.

Monday Evenings: April 7th, 14th, 21st, 28th, May 5th, 12th, 19th and June 2nd

Wednesday Evenings: April 9th, 16th, 23rd, 30th, May 7th, 14th, 21st and 28th

Teacher: Shirley **8 Sessions:** \$120 **Schedule lessons between 5:00pm and**

7:30pm

TUESDAY SERIES

THE INTREPID EXPLORER – Tips and Tricks for Frugal Explorations Both Local and Far Away

Session I: New York City

Session II: South East Asia – From Singapore to Northern Thai-

land

Session III: Volunteering Around The World – Featuring CWHF Foundation, an Orphanage in Kenya

Session IV: India and Nepal

Tuesday Evening: June 3rd, 10th, 17th and 24th

Series Presenter: Susan **Sessions:** \$50 (Or \$15 per session) **Time:** 7:30pm to 8:30pm

THURSDAY SOCIAL NIGHT – Main Hall will be open for socializing, card games and meeting new friends

Thursday Evenings: April 10th, 17th, 24th, May 1st, 8th, 15th, 22nd and 29th

Donations will be accepted **Time:** 5:00pm to 9:00pm

FITNESS CENTER-Open Monday and Wednesday from 7:00PM to 8:15PM & Thursday from 4:30PM to 7:45PM

April 7, 8, 9, 10, 14, 15, 16, 17, 21, 22, 23, 24, 28, 29, 30, May 1, 5, 6, 7, 8, 12, 13, 14,

15, 19, 20, 21, 22, 27, 28, 29

Non-Member Fee: \$30 for 7weeks. (If you are already a member of the Fitness Center, there will be no extra charge.)

All classes are held at Doubleday Babcock Senior Center, 45 E. Main St., Oyster Bay, NY
Please call the Program Office at 922-1770 to reserve a space in any of the above classes.

ATTENTION: Log on to our website www.dbsconline.org



DOUBLEDAY BABCOCK
SENIOR CENTER
OYSTER BAY SCSC

45 EAST MAIN STREET
OYSTER BAY, NY 11771
TEL: (516) 922-1770
FAX: (516) 922-1788

Day Break Program

May 2008

An Oldie Vies for Nutrient of the Year

The so called sunshine vitamin is poised to become the nutrient of the decade. Can you guess which vitamin it is? If you said vitamin D, you're correct!

Recent findings state the long-standing set requirements may not be adequate. New findings suggest people do not receive enough vitamin D to reap its wonderful benefits.

New findings suggest vitamin D can help sufferers of osteoporosis and joint pain. It can slow the effects of arthritis and lessen back pain. Certain studies suggest it may also help prevent certain types of cancer.

Researchers suggest one hour of sunshine exposure can help your body to produce more vitamin D. As we age, we produce less of the vitamin.

Monitor diets, drink fortified milk, eat more fish and take supplements. Discuss with your doctor whether or not you require a supplement. You could live life more painlessly!

Remember To Let the SUNSHINE In!

Sincerely,

Adrienne O'Neil

Program Coordinator



Day Break Program May 2008

Monday	Tuesday	Wednesday	Thursday	Friday
			1 May Day! May I? Balloon Volley- ball "Pictionary & Dictionary"	2 Jumble Kids Visit Kentucky Derby Wagers & Juleps
5 Amer. Sign Language News & Nosh "UNO" Cinco de Mayo Fiesta!	6 Current Events Arthritis Exercise Penny Ante Games with Sarah "3000" "Golf"	7 Morning Wel- come Spelling Bee YOGA Sara Plays Roy Sings	8 Headlines Lets Make Pancakes Tai Chi Young at Heart	9 BOGGLE! Exercise with Lee J. What's my Line with All Fred Astaire Bio Famous Hoofers Music with Roy and Sara
12 Amer. Sign Language Headlines "Two Things" Morning Moves Famous Mothers Rummikube	13 Body Language Arthritis Class Katherine Hep- burn Bio & Birthday What's my Line?	14 Visit Glen Cove Day Program!	15 Current Events Tai Chi Pressed Flower card Senior Scrabble	16 Word Search Celebrate Nat'l Pizza Party Day! Afternoon Tunes Roys Here!
19 Amer. Sign Language Morning News Physical Therapy Spring Sonnets Afternoon Table Games	20 Coffee & News Arthritis Exercise Frank, Dino. Sammy & Joey Remember the Rat Pack	21 News & Nosh Kids Graduation Day! Songs with Sara Roys Word Chal- lenge	22 Celebrate Greek Day! Tai Chi My Big Fat Greek Wedding Greek Food!	23 Headlines Celebrate Older Americans Day! Tonys' 100th Birthday!
26 CENTER CLOSED	27 Current Events Arthritis Exercise Help Thy neighbor Hollywood Trivia Challenge	28 Morning Wel- come Wacky laws YOGA Musical Melo- dies with Sara JUDGE ROY!	29 BOGGLE! Tai Chi Bob Hope Bio & Birthday Bunco Bash Big Bonanza	30 News & Nosh Exercise with Lee J. Lunchtime Tunes Sara Plays! Trivia with Roy

Day Break Menu May 2008



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roast Beef	2 Roast Pork Loin
5 Beef Taco Salad	6 Basa Orega- natta	7 Rosemary Chicken	8 Quiche w/Ham & spinach	9 Stuffed Pasta Shells
12 Roast Turkey	13 Grilled Mahi Mahi	14 Baked Ziti	15 Swedish Meatballs	16 Pot Roast
19 Penne Alfredo w/chicken	20 Salisbury Steak	21 Thyme Scented Cod	22 Chicken Marsala	23 BBQ Chicken
26 CENTER CLOSED	27 Cheese Tortellini	28 Meatloaf	29 Roast Chicken	30 Eggplant Rollatini