



March 2010


DOUBLEDAY BABCOCK SENIOR CENTER / OYSTER BAY SCSC

45 EAST MAIN ST. OYSTER BAY, NY 11771 (516) 922-1770

EXECUTIVE DIRECTOR: Gail Speranza



*Visit our
Silver Threads Clothing Shop
Open Tues. - Fri. 10 a.m. - 2:30 p.m.*

<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>
9:00 Aerobics Class w/ Terry 10:00 Yoga Class w/ Amy 10:00 Fitness Center work out with Nick LaBella 10:30 Smart Investments in a Tough Economy 11:15 Zumba with Amy 12:00 Chair Exercise with Tape	9:00 Advanced Strength Training w/Judi 10:00 Bible Study w/ Savilla 10-12 Visiting Nurse 10:15 *Strength Training with Judi 1:30 Line Dancing w/ Micki (*Funded by NCDSCA)	9:00 Aerobics Class w/ Terry 10:00 Tap with Terry 11:00 Yoga Class w/ Amy 11:30 Food Pantry open until 3pm - see Edna	9:00 Tai Chi w/ Rosalie 9:00 Adv. Strength Training w/ Judi 10:15 Strength Training w/ Judi	9:00 Aerobics Class w/Terry 9:30 Bowling at Syosset Lanes 10-12 Visiting Nurse 10:00 Mah Jongg game in the conference room 11:15 Chair Exercises with Tape 11:30 Food Pantry open until 3pm - see Edna 1:00 Table Bingo
1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
10:45 Breakfast Club with Interns 11:00 American Sign Language w/ Mill Neck Manor 11:00 Friendly Visitor meeting with Edna 1:00 Let's Play Poker in the main hall 1:00 to 4:00 - VA Services with Bob Spicer 1:30 Friendly Visit to Oyster Bay Manor	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 11:15 - 11:45 Mind, Body & Soul exercises with Yamil 12:45 Super Bingo 1:30 Line Dancing w/ Micki	10:00 Tap with Terry 10:30 Hand Reflexology with Kathryn - see Program Office 11:30 Food Pantry open until 3pm - see Edna 1:00 Food Shopping Assistance Bus to Stop & Shop 1:00 Ballroom Dancing practice session	9:00 Tai Chi w/ Rosalie 9:00 Adv. Strength Training w/ Judi 10:15 Strength Training w/ Judi 11:00 Learn Qigong Chinese healing art with Dave	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 11:15 Sing-along with John Redgate 12:00 Piano music by Joan Coester w/ sing along 1:00 Table Bingo 1:30 Ballroom Dancing with Vladimir
8	9	10	11	12
10:30 Reflexology with Eva 10:45 Breakfast Club with Interns 11:00 American Sign Language w/ Mill Neck Manor 1:00 Book Club Meets - "Loving Frank" 1:00 Let's Play Poker in the main hall 5 p.m. Caregivers Meeting with Edna	10 to 12 Visiting Nurse 10:15 Theater Group meeting 10:30 "Brain Games" with Joanne 12:45 "Virtual Trip" to China - movie and discussion * <i>* New Program!</i> 1:30 Line Dancing w/ Micki	10:00 Tap with Terry 10:30 Trip to Dollar Tree in Glen Cove 11:30 Food Pantry open until 3pm - see Edna 1:00 Food Shopping Assistance Bus to Stop & Shop 1:00 Ballroom Dancing practice session	9:00 Tai Chi w/ Rosalie 9:00 Adv. Strength Training w/ Judi 10-11:30 Massage Therapy with Yamil - see Prg. Office 10:15 Strength Training w/ Judi 10:30 Writers' Workshop with Ginger 12:45 Staff selection of DBSC's "Lady of the Year"	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 11:30 Piano music by Joan Coester w/ sing along 12:30 Puppy visits from North Shore Animal League 1:00 Table Bingo - at DayBreak today 1:30 Ballroom Dancing with Vladimir
15	16	17	18	19
10:45 Breakfast Club with Interns 11:00 Hospitality meeting with Nancy 11:00 American Sign Language w/ Mill Neck Manor 1:00 Let's Play Poker in the main hall 1:00 to 4:00 - VA Services with Bob Spicer 1:30 Friendly Visit to Harbor House	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 11:15 - 11:45 Mind, Body & Soul exercises with Yamil 1:00 Tuesday Bingo 1:30 Line Dancing w/ Micki	10:00 Tap with Terry 11:00 Irish Soda Bread Contest 11:30 Food Pantry open until 3pm - see Edna St. Patrick's Day Celebration - Wear green! 12:45 Entertainment provided by John Page	9:00 Tai Chi w/ Rosalie 9:00 Adv. Strength Training w/ Judi 10:00 Basic Computer Skills by Nicole - see Prg. Office 10:15 Strength Training w/ Judi 10:45 Satin Hands Beauty Treatment by Carol 11:00 Basic Internet Skills by Nicole - see Prg. Office	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 10:30 Trips & Tours Meeting with Nancy 11:00 Activities Meeting with Mary 11:30 Piano music by Joan Coester w/ sing along 1:00 Table Bingo 1:00 EAB Meeting 1:30 Ballroom Dancing with Vladimir
22	23	24	25	26
10:30 Writers' Workshop with Ginger 11:00 American Sign Language w/ Mill Neck Manor 1:00 Let's Play Poker in the main hall 5 p.m. Caregivers Meeting with Edna	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 11:00 Social Service Day with Edna 1:00 Tuesday Bingo 1:30 Line Dancing w/ Micki	10:30 Easter Planting project w/ Mary, Nancy & Barbara 11:30 Food Pantry open until 3pm - see Edna 12:30 Food Shopping Assistance Bus to Stop & Shop 1:00 Ballroom Dancing practice session 3:30 Bus for Spaghetti Dinner - at O.B. High School <i>sponsored by OB Rotary Club</i>	9:00 Tai Chi w/ Rosalie 9:00 Adv. Strength Training w/ Judi 10:00 Basic Computer Skills by Nicole - see Prg. Office 10:15 Strength Training w/ Judi 11:00 Basic Internet Skills by Nicole - see Prg. Office 11:15 Passover Celebration 11:30 Nutrition from the Ground Up - by Cornell Cooperative (*Funded by NCDSCA) 12:30 Nominations for Volunteer of the Year	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 11:30 Piano music by Joan Coester w/ sing along 12:45 BirthDay Day Celebration 1:00 Table Bingo 1:30 Ballroom Dancing with Vladimir 
29	30	31		
10:45 Breakfast Club with Interns 11:00 American Sign Language w/ Mill Neck Manor 1:00 Let's Play Poker in the main hall	10 to 12 Visiting Nurse 10:30 "Brain Games" with Joanne 11:15 - 11:45 Mind, Body & Soul exercises with Yamil 1:00 Tuesday Bingo 1:30 Line Dancing w/ Micki	10:00 Tap with Terry 10:30 Coloring Easter Eggs for Easter Celebration 11:30 Food Pantry open until 3pm - see Edna 1:00 Food Shopping Assistance Bus to Stop & Shop 1:00 Ballroom Dancing practice session	Computer Lessons start March 18th Please see the Program Office for info	Take a "Virtual Trip" to China Movie and discussion March 9th in the Main Hall