



# July

**Doubleday Babcock Senior Center / Oyster Bay SCSC**  
 45 East Main St. Oyster Bay, NY 11771 (516) 922-1770  
**EXECUTIVE DIRECTOR: Gail Speranza**

# 2009



Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Aerobics Class w/ Terry 10:00 Yoga Class w/ Amy 10:30 Smart Investments in a Tough Economy 11:00 American Sign Language w/ Mill Neck Manor - May be subject to change or cancellation 11:15 Chair Exercise w/ Tape 12:45 Let's Play Poker in the main hall	9:00 Advanced Strength Training w/Judi 10:00 Bible Study w/ Savilla 10-12 Visiting Nurse 10:15 *Strength Training w/Judi 1:30 Line Dancing w/ Micki (*Funded by NCDSCA)	9:00 Aerobics Class w/ Terry 10:00 Yoga Class w/ Amy 10:00 Silver Threads on front porch open until 3pm 11:30 Food Pantry open until 3pm - see Edna 1:00 Ballroom Dancing in fitness room	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 10-12 Visiting Nurse 10:00 Silver Threads on front porch open until 3pm 10:00 Mah Jongg game in the conference room 11:15 Chair Exercises w/ Tape 11:30 Food Pantry open until 3pm - see Edna 1:15 Table Bingo
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mark your Calendars with these Important Dates:</u> 7-2-09 July 4th Celebration-Entertainment by Charlie Pappas 7-3-09 Center Closed - 4th of July Holiday 7-9-09 Jokesercise w/ Howard at 10:30 in main hall 7-22-09 Trip to Jones Beach bus leaves center at 9:30am 7-29-09 1950's "Doo Wop" Party at 5:30pm (ticket reservation required - call program office for more info)	If you know anyone who are interested in joining DBSC, invite them to have lunch and show them our beautiful Center and all the programs and services we offer (make your lunch reservations a day in advance before 10am)	1 10:00 Silver Threads on front porch open until 3pm 10:30 Brunch will be served 11:30 Trips & Tours Meeting w/ Nancy due to July 4th Celebration on Thurs 7-2-09 11:30 Food Pantry open until 3pm 12:00 Food Shopping Assistance Bus 1:00 Ballroom Dancing in fitness room	2 <u>July 4th Celebration</u> 11:30 Music by Joan Coester w/sing-a-long 12:00 Lunch will be served followed by Entertainment by Charlie Pappas at Day Break starting at 1pm 	3 <b>Center Closed July 4th Holiday</b>
6 10:00 Fitness Workout w/Nick LaBella until 11 11:00 Friendly Visit Meeting w/ Edna 11:00 ASL w/ Mill Neck Manor in the main hall 12:45 Let's Play Poker in the main hall 1:30 Friendly Visit to The Marquis	7 10-12 Visiting Nurse 12:45 Super Bingo (Lunch will be served early today at 11:45am for Super Bingo) 1:30 Line Dancing w/ Micki	8 10:00 Silver Threads on front porch open until 3pm 11:30 Food Pantry open until 3pm 12:00 Lunch will be served today 1:00 Food Shopping Assistance Bus 1:00 Ballroom Dancing in fitness room	9 9:00 Tai Chi w/ Rosalie 10:45 Jokesercise w/ Howard in the main hall	10 10:00 Silver Threads open until 3pm 10:00 Mah Jongg in the conference room 10:45 Mind, Body & Soul Exercise w/ Yamil 11:30 Food Pantry open until 3pm 11:30 Piano music by Joan Coester w/ sing-a-long 1:15 Table Bingo
13 10:00 Fitness Workout w/ Nick LaBella until 11am 10:30 Hospitality Meeting w/ Nancy 11:00 ASL w/ Mill Neck Manor in the main hall 12:45 Let's Play Poker in the main hall 4:30 Caregivers Group w/Speaker Steven Kass, Esq Elder Law Attorney "Legal & Financial Issues"	14 10-12 Visiting Nurse 12:30 Visit from North Shore Animal League w/ a puppy in need of adoption 1:00 Regular Tuesday Bingo 1:30 Line Dancing w/ Micki 2:00 Activities Meeting w/ Mary	15 10:00 Silver Threads on front porch open until 3pm 10:30 Brunch will be served 11:30 Food Pantry open until 3pm 12:00 Food Shopping Assistance Bus 1:00 Ballroom Dancing in fitness room	16 9:00 Tai Chi w/ Rosalie 11:15 *Speaker from Cornell Cooperative Drink Up - Fluids Are Important (*Funded by NCDSCA) 1:00 Beach Party at Day Break w/ fun and games plus refreshments	17 10:00 Silver Threads open until 3pm 10:00 Mah Jongg in the conference room 11:30 Food Pantry open until 3pm 11:30 Piano music by Joan Coester w/ sing-a-long 1:15 Table Bingo
20 10:00 Fitness Workout w/ Nick LaBella until 11am 11:15 Zumba w/ Amy in the main hall - Find out about this new fun fitness dance 12:45 Let's Play Poker in the main hall 1:30 Friendly Visit to Glen Cove Rehab	21 10-12 Visiting Nurse 11:30 Word Search game in the main hall 1:00 Regular Tuesday Bingo 1:30 Line Dancing w/ Micki	22 9:30 Trip to Jones Beach w/ DBSC Bus 10:00 Silver Threads on front porch open until 3pm 11:30 Food Pantry open until 3pm 12:00 Lunch will be served today 1:00 Ballroom Dancing in fitness room	23 9:00 Tai Chi w/ Rosalie 11:00 Do You Need A Will? w/ Speaker Rebecca Alesia 1:00 Food Shopping Assistance Bus	24 10:00 Silver Threads open until 3pm 10:00 Mah Jongg in the conference room 10:45 Mind, Body & Soul Exercise w/ Yamil 11:30 Food Pantry open until 3pm 11:30 Piano music by Joan Coester w/ sing-a-long 12:45 Birthday Day Celebration 1:15 Table Bingo 
27 10:00 Fitness Workout w/ Nick LaBella until 11am 11:00 ASL w/ Mill Neck Manor in the main hall 12:45 Let's Play Poker in the main hall	28 10-12 Visiting Nurse 1:00 Regular Tuesday Bingo 1:30 Line Dancing w/ Micki 2:00 Decorating Volunteers set up main hall for 1950's "Doo Wop" Party	29 11:30 Food Pantry open until 3pm 12:00 Lunch will be served 1:00 Food Shopping Assistance Bus 5:30 1950's "Doo Wop" Party - Buffet Dinner followed by Entertainment by singing group "Still In Style" at 6:30pm (ticket reservation required)	30 9:00 Tai Chi w/ Rosalie 10:30 Brunch will be served 11:30 Trivia game in the main hall	31 10:00 Silver Threads open until 3pm 10:00 Mah Jongg in the conference room 11:30 Food Pantry open until 3pm 12:30 Piano music by Joan Coester w/ sing-a-long 1:15 Table Bingo