



The Life Enrichment Center AT OYSTER BAY

Looking Forward to New Programs, Opportunities to Learn and Fun!

By Silvana LaFerlita Gullo, Executive Director

Keeping with the theme of spreading kindness, I am happy to report a new initiative which has already begun to inspire. The Senior Advisory Committee (SAB) has taken an active role in developing a program for welcoming new Members. We have heard it said that visiting the Center for the first time is daunting for even the most outgoing new Member. Beginning this month, Birthday Celebration Day will include a special activity for Members. New and returning Members are invited to join current Members for coffee and a "meet and greet" hosted by the SAB at 10 a.m. Learning more about our Members will be our focus throughout the year.

Last month our first "Town Hall" meeting went well. Each attending Member shared their thoughts on the state of affairs at the Center and learned a bit about how the Center is funded and goals for 2016. A significant amount of time was spent discussing Member concerns about ongoing conversations by others during announcements and presentations. Suggestions and recommendations were discussed and are being implemented. At this month's meeting we will explore ideas for getting to know each other better.

We are introducing more brain fitness programs and life enriching activities into our calendar. There is no better exercise for the brain than conversation, playing games or learning something new. We hope you take full advantage of the opportunities offered to expand your horizons this month. Whether it be by attending one of our group discussions or "Breakfast for your Brain" with Beth, your presence will add a new dynamic to the group and will force you to think! Also on our learning menu: You can "Find Your Passion", understand the State Assembly functions and get medical updates presented by visiting experts.

As always keeping things FUN is a #1 priority, so there are plenty of things to look forward to this month. We'll celebrate Chinese New Year, Mardi Gras and the Center's 39th Anniversary. Our new interns will be on hand to help make "Name Your Game" Mondays a reality. Your game suggestions before February 8th would be appreciated. I'm looking forward to many opportunities to enjoy your company and learn more about each of you!

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