



The Life Enrichment Center AT OYSTER BAY

Center Programs Providing Fitness for Your Brain
By Silvana LaFerlita Gullo, Executive Director

When we open our hearts and minds to others we can be inspired by many. Every day at the Center Keeping your brain fit is a major goal for all of us here at the Center. Our calendar is filled with opportunities to maximize your brain health. A review of our calendar confirms that a good healthy dose of brain fitness can be had daily.

CHALLENGE YOUR BRAIN. Monday game playing activities and “Breakfast for Your Brain” hosted by Beth, our social service guru, provides exercise for the brain. Monday the “May I” group starts bright and early before lunch and two tables of poker players offer hours of use your brain activity. Carmela Prisco, our head gamer, is on hand twice a month offering ‘one on one’ or group “choose your game” challenges from her own game repertoire. Mah Jongg, Bridge and helping complete a group Jigsaw Puzzle are available throughout the week in the upstairs game room.

LEARN SOMETHING NEW. Morning lectures every other Tuesday compliment our afternoon Bingo tradition and aspiring artists guided by our watercolor art instructor Sharon Collins meet in the library twice a month. Learning something new and even keeping track of one or more bingo cards at a time are great ways to keep your brain active.

EXERCISE YOUR BODY. Walking, Yoga, and Tai Chi on Wednesdays present a myriad of opportunities to relax, get fit and YES provide critical stress relief that is known to improve brain function.

STRESS RELIEF CRITICAL TO BRAIN HEALTH. Mediation with Brad on Thursdays has become especially important to participating Members who have come to understand how the tools provided in these sessions HELP. Guided mediation is known to help with stress management, relief from anxiety attacks, handling insomnia, improving communication skills and most importantly encouraging a deep sense of peacefulness. Relieving the stress of concerns such as applications for government funded programs, or asking a critical question can be found with a visit to the Social Service Department. You can also see Regina Anderson from Family and Children Services when she visits the Center monthly.

SOCIALIZING & MUSIC KEY INGREDIENTS. Nothing is better than the opportunity to socialize in a professionally facilitated discussion such as our Friday morning “Senior Chat” with Judy Karul, a member of our Day Break staff. Judy is a skilled social worker proficient at guiding the conversation but also known to encourage a room full of laughter. Topping a great Friday morning treat is the gift of music piano playing by Joan Coester and a sing-a-long led by Roy Lawrence.

We are proud to help you keep you brain fit! Join us for some fun!!

Silvana LaFerlita Gullo, Executive Director

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