



# The Life Enrichment Center AT OYSTER BAY

The Life Enrichment Center Celebrates 40 Years!

By Judy Palumbo, Executive Director

## ***Forty Years and Counting .....***

On February 10th, 1977 Doubleday Babcock Senior Center opened its doors for the first time in the halls of Christ Church. Much to the surprise of the handful of staff and volunteers, over 100 people showed up on that first day – a Center was born! An early report stated, “The program is not simply a ‘free meal’ set up for the needy. It is aimed at filling much greater needs – for companionship, for an interest in life”.

On February 10th 2017 the Life Enrichment Senior Center will celebrate its 40th anniversary with what else - a party! Chef Anthony will be cooking up a dinner of braised short ribs, crab cakes, garlic mashed potatoes and string beans. There will be entertainment, a DJ and line dancing. Tickets are \$40 per person and all are welcome – please join our celebration!

Also this month, the Program staff has a full roster of events scheduled to ward off the threat of February’s “cabin fever”:

- Feb. 7<sup>th</sup> **“ How to Choose a Home Care Agency”** with Julia Jenn
- Feb. 9<sup>th</sup> **“Reach your Nutritional Goals”** with Cornell Cooperative Extension
- Feb. 14<sup>th</sup> A Special **Valentine’s Day Lunch**
- Feb. 16<sup>th</sup> Black History Month - **“Life of a Famous Showgirl”** Presented by member Betty Jo Spyropoulos
- Feb 28<sup>th</sup> **Mardi Gras!**

Stay connected and stay active at the Center with our health and wellness programs. Join a “Chat Group” and be prepared for stimulating conversation. Paint, read, play an instrument or play cards. Together we’ll beat the “Winter Blues”!

Be Well,

*Judy Palumbo, Executive Director*

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