



# The Life Enrichment Center AT OYSTER BAY

FRIDAY FUN DAY!

By Judy Palumbo, Executive Director

Friday is my favorite day at the Center. Not because of the obvious reason associated with the anticipation of the approaching weekend ...

It's because of the sing along in the dining room with Joan and Roy at 11:30.

It's the standing room only "Senior Chat" group led by Judy Karul. Members arrive an hour early to make sure they get a seat to share their ideas, opinions, or play a game and have a laugh.

It's the music across the hall from my office where Terri's aerobic class is jam-packed with dedicated fitness enthusiasts having fun and staying in shape.

Its Friday fish day and Chef Anthony never disappoints.

And one Friday a month Mary and Nancy throw a communal birthday party. Ten to twenty members will step up in front of the dining room lunch crowd to share their birth date (birth year optional), followed by a rousing rendition of "Happy Birthday" led by Joe. This month there was a 26 year span between the youngest member, Charlie at 68, and the oldest, Palma at 94. One celebrator quipped when divulging her age, "I'm an 18 year old trapped in an eighty year old body!"

Fridays are the best! Mondays through Thursdays are a close second. Come join the fun.....

Be well,  
Judy

P.S. - The St. Patrick's Day Party was a blast (best corned beef ever!) and the Pancake Breakfast was a huge success! Thank you to all in the community for joining us, and a special shout out to the staff and all the volunteers who make it happen – You know who you are and you're amazing!

Here are just some of the fun activities we have planned for April:

- Thursday 4/6 - Passover Traditions and Lunch
- Thursday 4/6 - Baking Demonstration with Mary
- Thursday 4/13 - Easter Celebration Lunch and Parade
- Thursday 4/27 - Volunteer Recognition Day

We hope you can join us for these and other activities ... check our enclosed calendar for the full schedule.

*Judy Palumbo, Executive Director*

45 East Main Street • Oyster Bay, NY 11771 • Tel: (516) 922-1770 • Fax: (516) 922-1788 •  
[www.lifeenrichmentcenteroysterbay.org](http://www.lifeenrichmentcenteroysterbay.org)

Center Programs are made possible with funding from the Dolan Foundation, Bahnik Family Foundation, AHOLD Corporation, United Way of LI, Oyster Bay Community Foundation, Nassau County Department of Human Services, Office of Aging through New York State Office for the Aging and the U.S. Administration on Aging, Town of Oyster Bay and the generous support of our Members and friends.



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