



The Life Enrichment Center AT OYSTER BAY

Summer Fun

The “dog days of summer” are here. This phrase dates back to ancient Romans who called this period of hot, humid days “diēs caniculārēs” or dog days. Sirius the “Dog Star” was the brightest star in the night sky in the constellation Canis Major (Large Dog). Ancient Romans thought the star radiated extra heat toward Earth, causing the sweltering conditions.

The oppressive heat has nothing to do with lazy dogs, but I for one will take a cue from man’s best friend and embrace lethargy. When the temperatures climb, you’ll find me motionless under a tree or on a porch swing. This forced idleness on hot summer days not only offers physical comfort but gives me time to reflect and reminisce.

Things also slow down around the Center. We’re still open and serving nutritious meals Monday through Friday, and have a full calendar of programs. There’s plenty of activities going on! However a few exercise classes will be canceled so our hard-working instructors can take well-deserved time off. Please check the calendar for changes.

July events:

July 3 July 4th Celebration & Lunch

July 4 CLOSED – Enjoy your 4th!

July 5 “Singing in the Rain” at John Engeman Theater (limited seating ... call for reservations)

July 11 “Virtual trip” to Kentucky (with special lunch menu)

July 19 Rain Forest Butterflies

July 19 Strawberry Shortcake demonstration with Mary

July 20 Unique Antique Sale

July 21 Unique Antique (special Sat. hours 10:30 am – 2:00pm)

July 25 Trip to Jones Beach (limited seats ... call for reservations)

July 26 Natural Remedies for Arthritis - by Ellen Kamhi, Phd, RN

July 31 Nutrition Ed “Meal Portion Control” with Mary

(Check the calendar for times or call the program office for details)

A big THANK YOU to the Chinese Auction volunteers – one and all! A special shout out to Diane, Mimi, Sue, Miriam and Susan ... the dream team of raffle baskets. And a big thank you to all who donated – we couldn’t do it without your contributions!

Warmest Regards,

- Judy Palumbo, Executive Director

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