



The Life Enrichment Center AT OYSTER BAY

Back to School

Parents and school age children are counting down the last days of summer ... some with anticipation, others with dread. September for me was a time of great expectation. My memories of 'back to school' are of excitement for reuniting with classmates, and the simple pleasure of getting new supplies: a backpack full of freshly sharpened pencils, brand new marble notebooks and empty folders. Truth be told, the annual purchase of two new outfits and a pair shoes was the biggest thrill of all.

I still consider myself a student of the never-ending course work of LIFE. For those who desire more formal learning, there are countless options for older adults available at local colleges or online that are FREE! Did you know SUNY Old Westbury has an "Over Sixty" program where people can observe classes? For instance, you can learn about global citizenship, the fundamentals of economics or therapeutic horsemanship, just to name a few.

Did you once dream of going to a top college like MIT, Harvard or Stanford? You can find their courses on line through Coursera, Academic Earth or Open Culture. I rely on tutorials found on Google and You Tube daily, to teach myself new skills. There is so much information available – you can learn whatever your heart desires. Do it for the joy of learning, to challenge yourself or for personal development.

This month we'll start the Center's school year with our first **TED Talk** lecture about "*What makes a good life? Lessons from the longest study on happiness.*" September 6 will be Part One of a monthly series on ... everything and anything! I hope you join me each month as we view well known and highly acclaimed '**TED Talks**' ... influential videos from expert speakers on all sorts of fascinating cultural topics.

September Highlights:

- 9/5 & 9/12 at 11:15 Balance & Stretch Class with Judi Pullman
- 9/5 at 11:30 Social Services Update with Beth
- 9/6 at 11:00 "TED Talk: What Makes a Good Life?"
- 9/11 at 11:15 Ophthalmology and You
- 9/12 at 1:30 Daytime Caregivers Support Group
- 9/13 at 11:15 "Read It Before You Eat It"
- 9/14 at 11:00 Homecoming Celebration (reservation requested)
- 9/18 at 11:15 Catholic Charities SNAP Program
- 9/19 at 11:45 Virtual Trip to Washington State
- 9/20 at 11:15 Home Improvement Assistance Program (*Town of Oyster Bay*)
- 9/20 at 12:45 Chef Demo with Chef Pat from the Regency
- 9/25 at 11:15 Asset Protection and Elder Law
- 9/26 at 5:30 pm Country Western Celebration (reservations required)

PS – If you would like to volunteer at next month's **October Fest**, please see Joanne. We can always use your help!

- *Judy Palumbo, Executive Director*

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