



The Life Enrichment Center AT OYSTER BAY

It's Never too Late to Make a New Friend

When speaking to people about senior centers, I find there are usually two schools of thought: those who find them a haven, and those who won't step inside. The latter usually does not want to be in the company of "old people", despite being the same age.

My own mother in upstate NY refuses to go to her Center. I tell her about The Life Enrichment Center, the wonderful people here and the endless activities. I encourage her to give her Center a try. I've noticed her social circle shrinking as old friends move, become caregivers or pass on. I implore her, "Go to your Center and surround yourself with people, if only for conversation or a game of cards. You'll find likeminded people, and perhaps a new friend."

She responds, "I don't want new friends, I want my old friends back." Many people share the same sentiment and feel that it's too late in the game to be adding more players. I know from both personal experience and observing people interacting at the Center that new friendships are like a new adventure in life. "We need old friends to help us grow old, and new friends to help us stay young."

New friends and good times await you here. Come find your adventure!

Fondly,

Judy Palumbo, Executive Director

Many thanks to all of our "Friends" and Volunteers who helped at our parties and events last month - Mardi Gras, Saint Patrick's Day and the Pancake Breakfast!

April Highlights

April 1 & 10 – Piano Music by Shirley

April 9 – Elder Abuse Prevention with Donna

April 16 – Beware of Senior Scams with Chuck Lavine and the Attorney General's Office

April 18 – Easter and Passover Celebration

April 23 – *Musart* Music Performance

April 25 – Volunteer Recognition Day

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