

The Life Enrichment Center at Oyster Bay is a non-profit, community based center offering resources to ages 50+ residents of Oyster Bay and the surrounding communities.

We are committed to providing mind, body and soul activities through our After Hours Program.

Join us for the time of your life.



Mind, body and soul programs for ages 50+



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Oyster Bay, NY



45 E. Main Street, Oyster Bay, NY 11771



After Hours Program



Mind, body and soul programs for ages 50+



The Life Enrichment Center at Oyster Bay After Hours Program

Looking for an affordable way to spend the night out?

Our After Hours program is designed for adults 50+ to enjoy an evening out! At our beautiful facility, located on Main Street in Oyster Bay, you can be physically and mentally active through our evening activities and classes. All programs at our Center are affordable and fun.

Bring friends to a Strength Training class, learn how to cook a healthy meal, meet new people at Singles Night or jam out in “Boomer Band Camp”... we offer programs for everyone!

You can enjoy a class or activity for a reasonable fee, or learn how to become a member and save. Our programs are offered Monday through Friday, from 4:30 p.m. to 9 p.m. So come join us and experience life to the fullest.

Join us for our evening classes!

- **“Boomer Band Camp”**
Play an instrument? Bring it to “Boomer Band Camp” night! We welcome musicians to come and ‘jam’ together.
- **Career Planning and Life Coaching**
Attend a career counseling session or listen to a lecture on Self-Help or Life Coaching. Get helpful hints on how to move ‘you’ forward!
- **Wine Tasting**
Enjoy our wine tasting nights, which feature local wineries on Long Island.
- **Game Night**
Come play Poker, Scrabble, Bridge, Mah Jong and other various games. Have some laughs with Mad Gab, Taboo or Trivia.
- **Fitness Center**
Power walk on the treadmill, lift some hand weights, do some sit-ups on the pilates ball. We are open Monday through Friday for a low monthly fee.
- **Exercise Programs**
We offer Zumba, Yoga, Pilates, Aerobics and Strength Training.
- **Dance Programs**
Swing, Ballroom, Tango, Salsa, Hustle and more!
- **Singles and Couples Nights**
Enjoy a night out and meet other singles at our speed dating night, or come as a single or couple to our dances and mixers.

- **Trips and Tours**
Join other members for a night on Broadway, NYC cruise, Long Island bike tour, or head even further out with trips organized by our Trip Coordinator.
- **Angela’s Café**
Stop by our Café and have a cup of coffee, a snack, hear featured music, and enjoy our WiFi access.
- **Lectures and Book Signings**
Hear a speaker or author discuss one of a variety of fascinating topics.
- **Cooking Class**
Learn how to cook from top chefs with our themed cooking classes, which include Italian Night, Mexican Night, Easy 20-Minute Meals, and more!
- **Computer Classes and Technology**
Learn computer basics, participate in social networking, talk tech, explore digital photography. Let us show you how!
- **Entertainment**
Rock out or just kick back and enjoy our scheduled musical entertainment, comedy, Open Mic night, dances and more.
- **Clubs**
Join our Travel Club, Writers’ Workshop, review a movie, or discuss history, books or investments with other members.

 Like us on Facebook
facebook.com/lifeenrichmentcenteroysterbay

To find out more information and to view the After Hours program calendar, visit: www.lifeenrichmentcenteroysterbay.org
Or call us today at **516.922.1770**

Interested in becoming a sponsor? Call us today at 516.922.1770



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