



# Let Us Share the Care

As we age, simple tasks can become more difficult.  
New friends are harder to make  
and new hobbies are harder to find.  
Sometimes it takes just a little extra help  
to get safely and comfortably through the day.

*At Day Break, we know this...*

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 **The Life Enrichment Center**  
AT OYSTER BAY  
Mind, body and soul programs for ages 50+

**Day Break**  
Adult Day Care Service

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**Our Day Break program** was established in 1999 and is dedicated to providing quality, cost effective, therapeutic services to functionally impaired older adults in a social model day care environment. We offer mind-stimulating activities to the frail and elderly senior who needs assurance and assistance.

**Our goal is to nurture** lost confidence to the senior who is facing physical and mental challenges and to help them live life as fully as possible. Two nutritious snacks as well as lunch are provided during the day. Another important dynamic of this program is that it offers respite to the caregivers of the Day Break members. It enables the caregiver to have some time of their own and have peace of mind knowing that their loved one is in good and capable hands. The ratio of Day Break staff to participants is 1 to 3. The program is open Monday to Friday from 9:30 a.m. to 3:30 p.m.

*Please Call For a Complimentary Day!*

**(516) 558-7211**

**[www.lifeenrichmentcenteroysterbay.org](http://www.lifeenrichmentcenteroysterbay.org)**

**We provide:**

- A Professional, Caring Staff
- Twice Weekly Registered Nurse
- Socialization & Recreation
- Respite for Caregivers
- Exercise Including Yoga & Tai Chi
- A Certified Social Worker
- Therapeutic Exercise for Arthritics
- Twice Monthly Support Group

**Day Break's New Location**



Christ Church Parish Hall  
 61 E. Main Street • Oyster Bay, NY 11771  
 (516) 558-7211

**Inquire About Our Transportation Service**

Private Payment, Long Term Care Insurance & Medicaid Accepted

