



Fitness & Wellness
Socialization & Recreation
Senior Services & Support Groups
Extended Learning & Cultural Arts

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45 E. Main Street, Oyster Bay, NY 11771



Mind, body and soul programs for ages 50+

So you think *you're* busy?
Try keeping up with us!



L I F E E N R I C H M E N T C E N T E R A T O Y S T E R B A Y

We Aspire to Inspire

- Join our Fitness Center
- Explore our Trips & Tours Program
- Become young at heart – join our Theatre Group
- Challenge your mind with a game of bridge or poker
- Invest or reinvest – learn more at our Wall Street Roundtable
- Enrich your life – become a volunteer
- Communicate with family and friends – take a Computer Class
- Let our Social Worker assist you with health insurance and other age related issues



Established in 1977, the **Life Enrichment Center at Oyster Bay** is a non-profit, multi-purpose, community-based center offering resources to the senior residents of Oyster Bay and its environs. The Center is a cornerstone which makes a vibrant impact on our community. Open weekdays from 8:30 a.m. to 4:30 p.m., as well as select evenings, we offer lunch and transportation Monday through Friday, social services, a non-emergency medical and dental transportation service, a home care referral service, a shoppers' bus, an adult day care program with care giver support as well as evening programs.



The Center is committed to promoting health and wellness through exercise and fitness programs, lectures and clinics. We offer activities to stimulate the mind, body and soul as well as services to assist our members to "age in place."



Enrich Your Life With Countless Opportunities...

We offer a variety of programs that include **investment club discussions, cultural arts, a theatre group, aerobics, yoga, tai chi, strength training, chair exercises, jazz, tap, ballroom and line dancing.** Our Fitness Center is open Monday through Friday for a low monthly fee. Our lunches are created with health in mind and include an alternative, lighter meal in addition to our gourmet hot lunch. Members are welcome at any time to simply drop in and socialize with friends.

A gift to *The Life Enrichment Center at Oyster Bay* is a fitting testimony of your belief in our mission. By supporting our work, you will help us to continue making a difference in the community. All donations are tax-deductible to the full extent of the law. A copy of our most recent financial statement can be obtained from the NYS Department of Law - Charities Bureau. For more information, call **516 922-1770** or visit our website at **www.lifeenrichmentcenteroysterbay.org**

Join the Circle of Supporters:

- Leave a Legacy: Make a Bequest
- Arrange a Planned Gift
- Become a Friend of DBSC
- Donations to our Endowment
- Sponsor a Program
- Volunteer Your Time and Talents

Sponsors:

- Nassau County Department of Senior Citizen Affairs
- New York State Office for the Aging
- Administration on Aging
- Town of Oyster Bay
- United Way of Long Island
- Oyster Bay Community Foundation

