



The Life Enrichment Center AT OYSTER BAY

A Time to Remember, Reflect and Give Thanks

By Silvana LaFerlita Gullo, Executive Director

Sharing a bit of our family's traditions as we begin planning for the holidays both at home and at the Center seems like the perfect way to welcome November. November is a time we remember loved ones, celebrate special anniversaries and give thanks for those we welcome to our holiday table.

We Give Thanks to Event Volunteers and Staff. The Life Enrichment Center's **Wellness Walk** and **Oyster Festival** this year were great successes and helped raise much needed funds for the Center. The Walk provided multi-level fitness opportunities guided by Center instructors. The event encouraged participants to include fitness in their daily activities. Many thanks to instructors Terry Aquilino, Spencer Gee, Judi Pullman, and Carol Rodriguez for volunteering their time and talent to the event, as well as the Members, staff and volunteers who served brunch, sold raffles and assisted the event. Thanks to our team (*too many wonderful friends to mention*) the Oyster Festival booth ran smoothly, guests were served promptly and other than running out of soup way too early on Sunday a great time was had by all.

We Remember our Loved Ones and Celebrate. Honoring our military heroes and remembering what they did and continue to do for our country is a November tradition at the Life Enrichment Center. We look forward to welcoming our friends from the V.F.W and the American Legion as we pay tribute to their service each year. Veterans - don't forget our group meeting on **Wednesday, November 18th**. Get together for some good conversation and welcome Beth Spickler-Lerman, LMSW, the Center's new Social Services Coordinator to the family! **Celebrate your November birthday with us November 20th**. Each month's birthday celebration is a great day to visit the Center. Happy Birthday to our November-Birthday Members and thanks to our new senior program sponsors for supporting our special days. We invite you all to join us at our holiday table on **Tuesday, November 24th** for 'Thanksgiving Center-Style' complete with all the trimmings and music by our old friend Charlie Pappas. Please call our Center at 516-922-1770, or visit our website at www.lifeenrichmentcenteroysterbay.org, to see our monthly calendar.

We are deeply grateful to all our volunteers and corporate sponsors for allowing us to expand our programs with their generous donations. It seems this year has flown by and there have been many challenges and joys along the way. We welcome Beth Spickler-Lerman to our team and we thank each and every one of you for spending your time with us. Your smiles and hugs mean the world to us and you touch our hearts everyday!

Silvana LaFerlita Gullo, Executive Director

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