



# The Life Enrichment Center AT OYSTER BAY

## *Fall Arrives*

My seasonal clock is completely out of sync. As I write this note in October, it's a balmy 70 degrees. The leaves are just beginning to change, and I have yet to break out a sweater! I long for the crisp air and the vibrant colors of autumn. Is it me or does it seem we are going from summer to winter?

Which is why I'm finding it difficult to transition into the fall holiday mode. By the time you get this newsletter, we'll have donned our costumes and danced the night away at our annual Halloween bash. As the expression goes "time waits for no one", so mark your calendar because November events are coming quickly:

11/08 Trip to L. I. Aquarium

11/10 Veteran's Day Ceremony

11/15 The Rock & Roll Spaghetti Party (fun and fundraiser)

11/21 Thanksgiving Lunch

11/28 Holiday Craft Sale (week long)

Sign up for a new class or group: Jazz with Terri, Chair Yoga with Mary Lou, Computers with Sage, Bereavement Group with Jackie Gutman.

Be well!

Judy Palumbo

*Judy Palumbo, Executive Director*

P.S. Many thanks to the staff and volunteers who worked the 34th Annual Oyster Festival. I am grateful to all who gave so generously of their time. It's hard work, but it's also a lot of fun. Join us next year – the proceeds from the event support our Center!

45 East Main Street • Oyster Bay, NY 11771 • Tel: (516) 922-1770 • Fax: (516) 922-1788 •  
[www.lifeenrichmentcenteroysterbay.org](http://www.lifeenrichmentcenteroysterbay.org)

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