

Day Programs for Seniors 60+

Monday through Friday 8:30 a.m. to 4:30 p.m.

Senior Programs:

- Hot nutritious lunch including transportation*
- Fitness, health and wellness programs daily*
- Social Activities including Bridge, Mah Jongg, Bingo, dance lessons, line dancing, lectures, and other social activities

* Funded by Nassau County Department of Human Services, Office for the Aging through NYS Office for the Aging and U.S. Administration on Aging, Town of Oyster Bay, United Way

Social Services Programs:

- Geriatric needs assessment, advocacy, benefit and entitlements screening. Support and guidance when a higher-level of care is needed. A full range of information resources are offered.
- Telephone reassurance and friendly visitor programs for the homebound
- Information and referrals for Senior Services

Call our Social Services Coordinator
(516) 922-1770 ext. 305 for assistance

Social Adult Day Care Program for Frail or Memory Impaired:

- Quality cost effective therapeutic services
- Mind stimulating activities
- Nutritious lunch and afternoon snack
- Flexible hours

Call (516) 558-7211 to arrange for a visit and a free trial

Caregivers

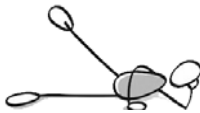
Support Services and
Monthly Group Discussion

Evening Programs for Ages 45+

Monday through Thursday

Fitness Classes:

- Pilates
- Yoga
- Strength Training
- Dancercise



Socialize and have fun:

- Evening socials
- Pot luck dinners
- Music and entertainment

Attn Walkers:

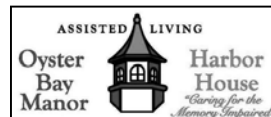
Securing sponsors helps inform the community about the services we provide to Seniors. Every sponsor form you distribute can help a Senior in need.

Help raise funds to enable The Life Enrichment Center to continue to provide Seniors in Oyster Bay and nearby areas with vital services including social activities, nutritious lunches, transportation, wellness & fitness programs, and comprehensive social services five days a week, 250 days a year.

Support the Center & Earn Rewards!

- Raise \$100 in sponsorships and receive \$100 worth of raffle tickets for a cash prize.
- Raise \$250 in sponsorships and receive a permanent engraved plaque on our Wall of Honor, and \$100 worth of raffle tickets.
- **Students:** Get sponsors for the Walk to earn Community Service credits! Simply write your name on the Sponsor Form, give the form to your sponsors, and either collect the forms or have the sponsors mail it directly to the Center.

Corporate Sponsors



(Listing as of 8/25/15)



**The Life Enrichment Center
at Oyster Bay**

Tenth Annual Wellness Walk and Brunch



**Saturday
September 19, 2015**

Rain or Shine

(Indoor fitness activities in case of rain)

**JOIN US FOR FITNESS WALKS
LED BY OUR INSTRUCTORS**

45 E. Main Street • Oyster Bay, NY 11771

516-922-1770

www.lifeenrichmentcenteroysterbay.org

General Information

Proceeds from the Wellness Walk will enable us to expand senior services and introduce exciting new programs to the community.

Invite your family, neighbors and friends to join you to support the Center.

Annual Wellness Walk & Brunch

(Rain or Shine)

Meet our Fitness Instructors and choose your walk:

3 Mile "High Fitness" Walks:

8 am Registration

8:30 Warm up sessions with instructors

8:45 "Power Walk" with **Terry Aquilino** OR "Cardio Interval Walk" (rolling hills) with **Judi Pullman**

1 Mile "Low Impact" and "Beginner" Walks:

9 am Registration

9:30 Warm up sessions with **Spencer Gee**

9:45 "Ease back in to Shape" with **Carol Rodriguez** OR "Leisurely Walk" with **Mary Frignani**

Brunch:

10:30 A "Heart & Brain Healthy" Brunch, followed by our cash prize raffle drawing!



Registration Form

Name _____

Address _____

Tel: _____ Email: _____

Support the Center & Earn Rewards!

- Raise \$100 in sponsorships and receive \$100 worth of raffle tickets to win a cash prize.
- Raise \$250 in sponsorships and receive a permanent engraved plaque on our Wall of Honor, and \$100 worth of raffle tickets.
- **Students:** Get sponsors for the Walk to earn Community Service credits! Simply write your name on the Sponsor Form (make additional 2-sided copies as needed), give each sponsor a form, and either collect the forms or have sponsors mail it directly to:

The Life Enrichment Center
45 E. Main Street, Oyster Bay, NY 11771

Entry Fees:

Adults - \$20

Children under 16 - \$10

Free for children in strollers

Includes T-shirt

Return registration form with payment to:

The Life Enrichment Center
45 E. Main Street, Oyster Bay, NY 11771

Please make checks payable to: Life Enrichment Center

Amount Enclosed: \$ _____

I cannot attend, enclosed is my donation \$ _____

Mastercard _____ Visa _____ Exp. Date _____

Acct. # _____

Signature of Walker

(Signature of parent or guardian, if less than 18 yrs. of age)

Waiver: I hereby waive all claims against The Life Enrichment Center for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for the organizers to use photographs and quotations from me in legitimate accounts and promotions of this event.



**The Life Enrichment Center
at Oyster Bay**

10th Annual Wellness Walk

September 19, 2015

Sponsor Form

The Life Enrichment Center enriches the lives of Seniors residing in Oyster Bay and surrounding communities by offering vital services including social activities, nutritious lunches, transportation, wellness & fitness programs, and comprehensive social services five days a week, 250 days a year.

(Print walker's name)

Please help me earn community service credits and raise much needed funds to enable the Life Enrichment Center to expand their Senior services and introduce exciting new programs.

Sponsorship Amount:

\$20 Other _____

Mastercard _____ Visa _____ Exp. Date _____

Acct. # _____

Sponsor Information

Sponsor Name: _____

Sponsor Address: _____

Email: _____

Please make checks payable to
Life Enrichment Center

Return completed Sponsor form with payment to:

The Life Enrichment Center
45 E. Main Street • Oyster Bay, NY • 11771
516-922-1770

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-----Please return the Registration portion of this form with your payment to LECOB-----

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-----Cut here-----

-----Please return the Sponsor portion of this form with payments to LECOB-----

-----Cut here-----