

Come and Join one of our Activities & Groups!

Caregiver's Support Group Meets the every other **Monday** evening from 5:00pm - 6:30pm

Craft Group Meets two **Thursdays** a month from 12:45pm -1:45pm (see insert page for dates)

Creative Writing Meets every **Monday** from 12:45pm - 1:45pm

Journaling Your Journey Meets every **Tuesday** and every 1st & 3rd **Thursday** of the month from 11:00am -12:00pm

Daytime Caregivers Support Group Meets the 2nd **Wednesday** of the month from 1:30pm - 2:30pm

Women of the Ages This ladies' chat group meets every 2nd and 4th **Wednesday** of the month from 10:30am - 11:30am

Grumpy Old Men's Group This (not really grumpy) men's chat group meets the 2nd and 4th **Thursday** of every month from 11:00am - 12:00pm

Meditation Meets every **Thursday** at 1:00 pm

Crochet & Knitting Group Meets every **Thursday** at 1:00 pm

Brain Games In the Main Hall every **Friday** at 10:30 am

Jewelry Making Class - Meets one **Thursday** a month at 1:00pm

*Thank You
to all of our Volunteers*

We couldn't do it without you!

*We greatly appreciate your hard work
and dedication to our Center!*



**THE LIFE ENRICHMENT CENTER
AT OYSTER BAY**

SERVICES AVAILABLE AT THE CENTER MONDAY - FRIDAY

- Roundtrip Transportation
- Food Shopping (Wed. Only)
- Medical Transportation (516) 922-6422 (Please give us at least 2 weeks notice for all rides to medical appointments)
- Blood Pressure Screenings from 10am until 12pm
- Food Pantry - Open Wednesday and Friday 11 am to 3 pm
- Social Service Support (516) 922-1770 ext. 305
Geriatric assessments, Guidance and Information, Direct Connection with other agencies
- Social Adult Day Care Program (516) 558-7211



THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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Phone: 516-922-1770 • Fax: 516-922-1788
www.lifeenrichmentcenteroysterbay.org



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[Facebook.com/lifeenrichmentcenteroysterbay](https://www.facebook.com/lifeenrichmentcenteroysterbay)

January 2019

Don't dread the winter – Do as the Danes do.

You've heard about Seasonal Affective Disorder (SAD) or the less severe "Winter Blues". Symptoms include depression, low energy, over-sleeping and weight gain. If you are affected by this winter season scourge, don't despair – just do as the Danes do - HYGEE. (HUE-Gah)

Denmark is cloudy and overcast 64 percent of the time, yet it is consistently ranked the happiest country by the United Nations. Danes create hygee wherever they are, nurturing cozy feelings and relationships. The concept is relaxed yet intentional, and happiness is a choice.

Hygee translates to connection, coziness and fellowship with a dose of optimism. It's about gathering with friends and family in a relaxed, unpretentious state of mind. It could be lunch or a lecture, or simply a chat, but it's a real-life connection with loved ones.

Its also about simplicity and order: simple clothes, simple food and just being cozy together. It's about getting outside and getting off-line.

How to Hygee:

- Get out. Walk if you're able. Get fresh air.
- Have frequent low-key get togethers.
- Join a group: book club, games, cards, cooking, crocheting.
- Share meals - cook, bake or order in.
- Create a cozy feeling with lighting and candles.

Practice hygee this winter – in your own home, or come live the hygeeilig life at the Center!

Happy New Year – may it be filled with brightness and hope.

Warm regards,

Judy Palumbo

Executive Director

A special thank you
to all who volunteered this Holiday Season ...
for our cookie sale, baskets for the homebound,
and our holiday celebrations.

THANK YOU!



Let Us Share the Care

The Life Enrichment Center's **Day Break Program** is a social model adult day care. We have a caring and professional staff to assist frail and memory-impaired seniors. The program is located at the Christ Church Parish Hall at 61 E. Main Street in Oyster Bay. We provide socialization and recreational programs Monday through Friday from 9am-3pm. We offer a variety of therapeutic music, light exercise, arts & crafts, lunch, snacks and transportation is also available. Please call Bridget DeSimone at 516-558-7211 for more information and payment options for the Day Break Program.

The Fitness Center Gym

**Open Mon. thru Fri.
from 8:30am-4:30pm**

**Start the New Year off right with a Fitness Center
Gym Membership for only \$15 per month**

(Registration forms are available in Program Office)

Fitness Classes - Perfect for beginner fitness students!

Chair Yoga with Mary Lou
Every other Thursday at 11:30pm

***Dance-A-Chair with Carol**
Every Thursday at 10:15am in the main hall (*Funded by NCOFA)

Stretch & Balance with Judi
Every Monday at 11:05am

45 East Main Street
Oyster Bay, NY 11771

The Life Enrichment Center at Oyster Bay



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U. S. POSTAGE
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Our Wish List

Items needed - New Rubber Maid storage shed for outside of the Center

Volunteers -

- Drivers for medical transportation car
- Bus Assistants to ride along and assist the Day Break Members
- Instructors for our day and evening programs
- Entertainers for parties and special occasions
- Friendly Visitors to visit homebound seniors, assisted living and nursing facilities
- Activity Committee members to help plan and schedule activities
- Hospitality Committee members to sit at the front desk
- Trip Committee members to help plan local trips to museums and historical sites
- Silver Threads workers needed Monday thru Friday from 10:00am until 3:00pm
- Handyman to help with maintenance and repairs to our building
- Organizers to help straighten up our limited storage areas

If you are planning to donate clothing or other items to the Center, please call us first to insure we are able to accept your donation. If we cannot use it here we can direct you where you can bring it.

LECOB'S Craft Corner

Beautiful handcrafted items made with love by our very own Craft Group and The Happy Hookers
All on display in our lobby showcase

Crocheted & Knitted Items

Baby sets & blankets

Scarves & Hats

Kid's ponchos

Crafted Items

Painted Tee Shirts

Decorated totes

Makes thoughtful gifts

~All proceeds benefit the Life Enrichment Center~

Brain Game (questions on insert page)

- A.1 - A yo-yo A. 2 - Dial A.3 - Hawaii A.4 - Three A.5 - Italy A.6 - Tatum O'Neal
 A.7 - The Dead Man's Hand A.8 - Normandy

Quote of the Month

"The best and most beautiful things in the world cannot be seen, nor touched.....but felt in the heart."

~Helen Keller~

Trips & Tours

Trip with Friends from Hood A.M.E. Zion Church of Oyster Bay

Saturday March 30, 2019 - Trip to Sight & Sound Theater in Lancaster Pennsylvania for show "Jesus" with Smorgasbord at Shady Maple Restaurant - Coach bus departs at 7:30am from church located at 11 Summit Street in Oyster Bay (Price per person \$150 for adults and \$110 for children 3 thru 11 years old - payments can be made in three payments of \$50 - please contact Martha Green at 631-271-8488 or Jennette James 516-330-9927 to make your reservations and get the payment schedule)

Future Trip with Jim Marino from Oyster Bay Travel

Spring 2019 - Broadway Show "The Cher Show" and Dinner in NYC - If you are interested in seeing this show please sign up in the Program Office so we can pursue purchasing tickets

Fun & Fitness

Start the new year right by doing something that will benefit your health? Join one of our many great **fitness classes!** We have something for everyone. Try the **Tai Chi Work Out** to improve core strength and balance with Spencer G. every Wednesday at 12:45pm. Get your heart pumping to fun pop music with Carol's **Dance-A-Chair** every Thursday at 10:15am. Learn graceful dance moves at Vladimir's **Ballroom Dance Class** on two Fridays a month at 1:00pm - no partner necessary! Find your inner peace with stress relieving **Chair Yoga Class** with Mary Lou on two Thursdays a month at 11:30am. Increase flexibility and improve balance with Judi's **Stretch & Balance Class** every Monday at 11:05am. Please see the enclosed calendar for a full listing of fitness classes and activities. Call the Program Office at 516-922-1770 for additional information. All fitness class donations are gratefully accepted.



Silver Threads Thrift Shop


Selling gently used lady's & men's clothing, shoes & accessories

Big Winter Sale

*Open Monday through Friday from 10am to 2pm
 (Store closed from 12pm until 12:45pm for lunch)*

*All proceeds benefit
 The Life Enrichment Center at Oyster Bay*





Evening Exercise Classes

Strength Training

Instructor Judi Pullman

Monday 6:00 pm Jan. 7, 14, (no class 1/21), 28
 or Wed. 5:10 pm Jan. 9, 16, 23, 30

Stress Relief & Integrative Yoga

Instructor Patricia Orshan

Tuesday 5:45 pm Jan. 8, 15, 22, 29

Pilates

Instructor Tara Lester

Wednesday 6:15 pm Jan. 9, 16, 23, 30

EVENING EXERCISE CLASSES ARE
 8 WEEK SESSIONS @ \$10 PER 1 HOUR CLASS
 Open to the Public

