WellSpring is The Osborn’s integrated approach to wellness that inspires everyone in our community to enjoy life to the fullest by embracing the seven dimensions of wellness that enrich our lives at every stage.
INTELLECTUAL
- Visiting Authors & Professors
- Water Aerobics
- Bridge
- Croquet
- Technology Workshops
- Fashion Shows
- “Pick of the Week”
- Movies
- Art Museum Tours
- Garden Barbeques
- Lawn Concerts
- Bird Watching
- Plein Air Painting
- Wake Up & Walk
- Trivia Night
- Book Group
- News & Views
- Cocktail Parties
- Trips to New York City
- Pickleball
- Themed Parties (Kentucky Derby, Mardi Gras, Monte Carlo, Holiday)
- Industry Roundtables
- Spelling Bee
- Osborn Arboretum Tours
- Candidates Forum
- Herb Gardening
- Night Sky Talk
- Lunch & Lecture Series
- Wine Tastings
- Knitting Group

SOCIAL
- Zumba
- Sing Alongs
- Dance Therapy
- Word Games
- Creative Movement
- Culinary Club
- “Grandfriends”
- Studio Art Classes
- Balance and Stretch
- Flower Arranging
- Poetry Caravan
- Music Appreciation
- Karaoke
- Putting Green
- Volunteer Opportunities
- Religious Services (Catholic, Jewish, Episcopal)
- Art Exhibits & Receptions
- Student Choral Performances
- Inspirational Speakers
- Weight/Cardio Training
- Pottery Classes
- Mindful Meditation
- Intergenerational Events
- Easter Egg Hunt
- Halloween Parade
- Pilates
- Men’s Club
- “Great Courses” Videos
- WellSpring programs may vary.

PHYSICAL
- Stretch and strength class
- Pickleball tournament
- Arboretum guided nature walk
- Wake Up & Walk group
- Wildflower pressing
- Taking a swim
- Academy Awards party
- Dog Days of August parade
- Kick off for The Sterling Challenge
- Wake Up & Walk group
- Summer barbeque
- Paint night inspiration
- Bridge group in the Solarium
- Monte Carlo Night with friends
- Working out in the Fitness Center
- Putting practice on the green

ENVIRONMENTAL

OCCUPATIONAL

EMOTIONAL

SPIRITUAL
INTELLECTUAL
Keeping your brain active can improve cognitive functioning; exploring new topics expands your world view.

SOCIAL
Sharing interests and enjoying friendships can increase longevity.

PHYSICAL
Being active can improve mood, strength, balance and flexibility; healthy, balanced meals can boost energy.

ENVIRONMENTAL
Spending time in nature and caring for the world around you helps reduce stress.

OCCUPATIONAL
Engaging in creative activity and helping others adds a sense of purpose.

EMOTIONAL
Caring relationships ease the challenges of aging and promote an optimistic outlook.

SPIRITUAL
Finding time for reflection infuses meaning into life.