



# The Osborn

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# WELLSPRING

**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.**

ACTIVITIES

- 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
- 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.

INTELLECTUAL

SOCIAL

PHYSICAL

ENVIRONMENTAL

OCCUPATIONAL

EMOTIONAL

SPIRITUAL



Academy Awards party



Stretch and strength class



Pickleball tournament



Summer barbeque



Arboretum guided nature walk



Dog Days of August parade



Bridge group in the Solarium



Paint night inspiration



Wake Up & Walk group



Kick off for The Sterling Challenge



Monte Carlo Night with friends



Wildflower pressing



Taking a swim



Working out in the Fitness Center



Putting practice on the green



### 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

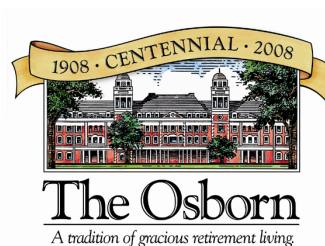
Engaging in creative activity and helping others adds a sense of purpose.

### EMOTIONAL

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

### SPIRITUAL

Finding time for reflection infuses meaning into life.



The Osborn | 101 Theall Road | Rye, NY 10580  
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The Osborn is a 501(c)(3) not for profit organization.  
As a continuum of care community, it offers Independent and Assisted Living,  
including Memory Care, as well as Short term and Outpatient Rehabilitation,  
Long term Skilled Nursing services, and home care through Osborn Home Care.