

# The Seven Dimensions of Wellness

## 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.

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.

## The Osborn

101 Theall Road • Rye, NY 10580

888-9-OSBORN

THEOSBORN.ORG



## WellSpring Wellness at The Osborn



Be sure to explore The Osborn for yourself on Facebook.

The Osborn does not discriminate based on race, creed, color, national origin, handicap, blindness, sex, sexual preference, marital status or sponsor in the admission, retention, and care of its residents.

## The Osborn

WELLSPRING



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## Activities

**The Osborn's WellSpring Program strives to address each of the seven dimensions of wellness for an active, engaged lifestyle.**

**Some of our programs include:**

- Visiting Authors & Professors
- Water Aerobics
- Bridge and other card games
- Croquet Tournaments
- Technology Workshops
- Fashion Shows
- "Pick of the Week" Movies
- Art Museum Trips
- Garden Barbeques
- Concerts on The South Lawn
- Bird Watching Events
- Plein Air Painting
- Wake Up & Walk Program
- Trivia Nights
- Book Group
- News & Views Discussion Group
- 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" Program with Rye High School
- Balance and Stretch
- Flower Arranging Demonstrations
- Poetry Caravan
- 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
- Community Easter Egg Hunt
- Halloween Parade
- Pilates
- Men's Club
- "Great Courses" Videos
- Yoga
- Tai Chi