

### **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 914-925-8000 | www.theosborn.org | www.osbornhomecare.org

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.



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"

Balance and Stretch

Studio Art Classes

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** 

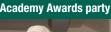
**PHYSICAL** 

ENVIRONMENTAL

OCCUPATIONAL

**EMOTIONAL** 

**SPIRITUAL** 









**Dog Days of August parade** 















Taking a swim







Arboretum guided nature walk

Wildflower pressing