



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

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.



The Osborn
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.

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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