










RYE BROOK SENIORS MARCH 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p>Meal Cost: \$5 Resident \$10 Non Resident Must order by Friday 12 Noon Home delivery available for Rye Brook Homebound Seniors</p> </div>				<p>1 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Stuffed Sole, beurre Blanc sauce, rice pilaf and Tuscan veggies</p>
<p>4 12 pm Lunch – Italian Combo on a roll, macaroni salad & chips 1 pm Tai Chi w/Domingo</p> 	<p>5 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch - Shepherd's Pie w/tossed salad 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi NO BUS TRANSPORTATION – CAR ONLY</p>	<p>6 NO TRIP 9:30 a.m. Make Irish Soda Bread! 12 pm Lunch – Turkey & Swiss Cheese Sandwich, coleslaw, and chips 1 pm Tai Chi w/Domingo</p> 	<p>7 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Hot French Dip w/onions, Swiss, au jus & horseradish cream & onion rings 12:30 -2:30 Mah Jong Play NO BUS TRANSPORTATION – CAR ONLY</p> 	<p>8 NO YOGA 12 pm Lunch – Pasta Primavera w/ salad and garlic bread</p>
<p>11 12 pm Lunch – Meat Lasagna w/Broccoli & Garlic Bread 1 pm Tai Chi w/Domingo</p>	<p>12 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Knockwurst Grinders w/ Sauerkraut and apple sauce 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>13 OUTING: Dining Club – David Chen, Armonk – Bus departs AJP at 11:30 a.m. 12 pm Lunch – Eggplant Rollatini w/ ricotta, mozzarella and side of Bruschetta Baguette NO TAI CHI</p>	<p>14 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – St. Patrick’s Day Luncheon Corned beef & cabbage, potato & carrots 12:30 -2:30 Mah Jong Play</p> 	<p>15 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Fish n Chips battered Alaskan wild cod, fries and coleslaw (tarter & lemon)</p>
<p>18 12 pm Lunch – Black Forest Ham, Cheddar Honey Mustard Panini, side salad & chips NO TAI CHI</p>	<p>19 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:30 am Art Talk w/Paul Zaccagnino 12 pm Lunch – Baked Ziti, garlic bread & salad 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>20 OUTING: Stew Leonards, Norwalk, CT – Bus departs AJP at 10:00 a.m., 12 pm Lunch – Chicken Cacciatori, fried potatoes, peppers, onions and stewed tomatoes 1 pm Tai Chi w/Domingo</p>	<p>21 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 am Quilling 12 pm Lunch – Chicken Sorrentino, prosciutto, mozzarella, potatoes & veggies 12:30 -2:30 Mah Jong Play 12:45 p.m. Make an Orange Pound Cake</p> 	<p>22 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Tuna Melt on rye w/tomato, tator tots and salad</p>
<p>25 12 pm Lunch – ½ Turkey/Swiss & Chicken Noodle Soup, chips and macaroni salad 1 pm Tai Chi w/Domingo</p>	<p>26 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – BBQ Pulled Pork, coleslaw & corn on the cob 12:30 pm Easter Style Chocolate Covered Strawberries 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p> 	<p>27 OUTING: Empire Casino, Yonkers – Bus departs AJP at 9:30 a.m. 12 pm Lunch – Oven Roasted Chicken w/ zucchini and potatoes 1 pm Tai Chi w/Domingo</p>	<p>28 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 am Quilling 12 pm Lunch –Easter Luncheon – Ham, Scalloped Potatoes and Honey Glazed Carrots 12:30 -2:30 Mah Jong Play</p>	<p>29 Good Friday Holiday Center Closed</p>

RYE BROOK SENIORS APRIL 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – Stuffed Cabbage and zucchini stewed veggies 1 pm Tai Chi w/Domingo</p>	<p>2 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Stuffed Pork Loin w/ feta, peppers, broccoli rabe w/potato wedges 12:30 -2:30 Canasta Play 1:00 pm Music Appreciation w/Amy Ahlert 4:00 pm Strength Training w/Jodi</p>	<p>3 OUTING: Merrily We Roll Along, Broadway, NYC – Bus departs AJP at 10:00 a.m. 12 pm Lunch – Black Forest Ham, Cheddar Honey Mustard Panini, side salad & chips 1 pm Tai Chi w/Domingo</p> 	<p>4 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Beef Stroganoff over buttered egg noodles with roasted broccoli 12:30 -2:30 Mah Jong Play 1:00 p.m. FSW Talk: Protecting Yourself from Fraud as a Senior</p>	<p>5 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Chicken Fajita w/Peppers, Onions, Cilantro rice and pico salsa</p>
<p>8 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – Boneless Chicken Piccata, lemon caper white wine sauce, lemon rice & steamed veggies 1 pm Tai Chi w/Domingo</p> 	<p>9 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – BBQ Ribs, Maple Bakes Beans & ½ Corn on the Cob 12:30 -2:30 Canasta Play 1:00 pm Music Appreciation w/Amy Ahlert 4:00 pm Strength Training w/Jodi</p>	<p>10 OUTING: LIFE Magazine: Six Women Photographers @ Greenwich Historical Society/Bush Holley House, Cos Cob – Bus departs AJP at 11:15 a.m. 12 pm Lunch – Sausage & Peppers & Onions Grinder w/ pasta salad 1 pm Tai Chi w/Domingo</p>	<p>11 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Pastrami Reuben on rye w/ sauerkraut, Russian, Swiss cheese, chips and macaroni salad 12:30 -2:30 Mah Jong Play</p>	<p>12 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Grilled Salmon w/cous cous & green beans</p>
<p>15 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – Rigatoni & Broccoli w/ grilled chicken, shallots, garlic and oil 1 pm Tai Chi w/Domingo</p>	<p>16 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Irish Sausage Bangers and mash, apple sauce 12:30 -2:30 Canasta Play 1:00 pm Music Appreciation w/Amy Ahlert 4:00 pm Strength Training w/Jodi</p>	<p>17 OUTING: NY Botanical Gardens Orchid Show - Bus departs AJP 9:15 a.m. 12 pm Lunch – Cold Tuna Platter (tuna potato & egg trio salad) 1 pm Tai Chi w/Domingo</p>	<p>18 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 am Quilling 12 pm Lunch – Chicken Marsala w/ rice, honey glazed carrots 12:30 -2:30 Mah Jong Play</p> 	<p>19 12:00 p.m. SPRING CARD PARTY COST: \$10 Resident \$15 Non Resident Lunch – Italian Combo on a roll, macaroni salad & chips</p>
<p>22 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – Cheese ravioli, broccoli rabe, w/ garlic, onion, and shallots 1 pm Tai Chi w/Domingo</p>	<p>23 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Roasted Herb Chicken w/ peas, carrots and baked potato 12:30 -2:30 Canasta Play 1:00 pm Music Appreciation w/Amy Ahlert 4:00 pm Strength Training w/Jodi</p>	<p>24 OUTING: Empire Casino, Yonkers – Bus departs AJP at 9:30 a.m. 12 pm Lunch – Cavatelli Pasta w/ Broccoli rabe, sausage, garlic, oil, and a salad 1 pm Tai Chi w/Domingo 5:30 pm Pizza & Paint Night</p>	<p>25 9 am Fitness w/Jodi 10:15 am Quilling 11: 15 am Lunch – Passover Lunch Brisket of Beef, potato pancakes & sliced carrots 12:30 -2:30 Mah Jong Play</p>	<p>26 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Waldorf Chicken Salad w/ grapes over green tossed salad</p>
<p>29 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – Grilled Chicken Pasta Primavera w/winter squash 1 pm Tai Chi w/Domingo</p>	<p>30 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Hot Dogs, Baked Beans & Cole Slaw 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p> 	<p>SPECIAL SUNDAY TRIP SUNDAY, APRIL 21ST SHEN YUN AT SUNY PURCHASE PERFORMING ARTS CENTER 20 TICKETS AVAILABLE \$90 BUS DEPARTS AJP AT 12:15 P.M.</p>		<p>Meal Cost: \$5 Resident \$10 Non Resident Must order by Friday 12 Noon Home delivery available for Rye Brook Homebound Seniors</p>

RYE BROOK SENIORS MAY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Meal Cost: \$5 Resident \$10 Non Resident Must order by Friday 12 Noon Home delivery available for Rye Brook Homebound Seniors</p>		<p>1 OUTING: Beehive The 60's Musical @ Hunterdon Hills, NJ – Bus departs AJP at 8:45 a.m. 12 pm Lunch – Hawaiian Chicken Stir-fry, cherry peppers, sweet-and-sour, fried rice 1 pm Tai Chi w/Domingo</p>	<p>2 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Honey Glazed Ham, sweet potato yams and green bean casserole 12:30 -2:30 Mah Jong Play 1:00 p.m. FSW Talk – Combating Loneliness: Fostering Social Connections for Seniors</p>	<p>3 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Stuffed Sole w/Crabmeat & scallop stuffing, rice pilaf and string beans almondine</p>
<p>6 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – Stuffed Cabbage, zucchini & stewed vegetables 1 pm Tai Chi w/Domingo </p>	<p>7 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch - Beef & Broccoli w/rice pilaf 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>8 OUTING: Arthur Avenue – Bus departs AJP at 10:00 a.m. 12 pm Lunch – Deviled Egg Salad on a Croissant w/3 Bean Salad 1 pm Tai Chi w/Domingo</p>	<p>9 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Mother's Day Luncheon – Chicken Cordon Blue, Mashed Potato and Mixed Vegetables 12:30 -2:30 Mah Jong Play</p>	<p>10 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Eggplant Rollatini w/Ricotta, Mozzarella, and a bruschetta baguette</p>
<p>13 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – black forest, ham, cheddar, honey, mustard, Panini, side, salad chips 1 pm Tai Chi w/Domingo</p>	<p>14 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Hot French Dip w/onions, Swiss, au jus & horseradish cream & onion rings 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>15 OUTING: Old 76 House Luncheon – Bus departs AJP at 10:45 a.m. 12 pm Lunch – Stuffed Shells, sautéed broccoli rabe, garlic bread 1 pm Tai Chi w/Domingo </p>	<p>16 9 am Fitness w/Jodi  9:30-11 AM – BP Screening 10:15 am Quilling 12 pm Lunch – BBQ Chicken Thighs, Baked Beans and Green Beans 12:30 -2:30 Mah Jong Play</p>	<p>17 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Baked Sole w/lemon butter sauce, rice pilaf, Mediterranean mixed vegetables</p>
<p>20 11:00 am Pickleball at Rye Hills Park 12 pm Lunch – – Hot Dogs, Corn on the Cob and Cole Slaw 1 pm Tai Chi w/Domingo</p>	<p>21 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Hot Open Turkey w/ gravy, stuffing, green bean casserole Herb 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>22 OUTING: Lunch and Stroll on City Island – Bus departs AJP at 11:00 a.m. 12 pm Lunch – Pasta Primavera, spring vegetables with olive oil, bruschetta French bread with basil 1 pm Tai Chi w/Domingo</p>	<p>23 9 am Fitness w/Jodi  10:15 am Quilling 12 pm Lunch – Monte Cristo w/ham Swiss, turkey on French toast, syrup, chips, & pickles 12:30 -2:30 Mah Jong Play</p>	<p>24 NO YOGA 9:00 a.m. – 4:00 p.m. Defensive Driving Course w/Sam Eskander 12 pm Lunch – Waldorf Chicken Salad w/ grapes over green tossed salad</p>
<p>27 Memorial Day Observed – Center Closed</p>	<p>28  9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Chicken Cutlet Parmigiana, penne pasta w/sauce, broccoli florets 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>29 OUTING: Empire Casino, Yonkers – Bus departs AJP at 9:30 a.m. 12 pm Lunch – Monte Cristo w/Ham, Swiss, Turkey on French Toast Battered Bread, Syrup, Chips & Pickles 1 pm Tai Chi w/Domingo</p>	<p>30 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – BBQ Ribs, Maple Bakes Beans & ½ Corn on the Cob 12:30 -2:30 Mah Jong Play</p>	<p>31 NO YOGA 12 pm Lunch – Shepherd's Pie w/tossed salad</p>