











RYE BROOK SENIORS DECEMBER 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 am Chair Yoga w/Deb 10:10 am Zumba Gold w/Laura 12 pm Lunch – BBQ Chicken Thighs, Baked Beans, Green Beans 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	2 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Knockwurst, Sauerkraut, Red Apple Cabbage 12:30 -2:30 Canasta Play	3 OUTING: Shop & Stroll in New Canaan, CT – Bus departs AJP at 10:00 a.m. 12 pm Lunch – Cheese Ravioli in sau30ce w/Broccoli and a Tossed Salad 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play 	4 9 am Fitness w/Jodi 10:00 am Quilling w/Patti 10:15 am Bingo! 12 pm Lunch – BBQ Pulled Pork, Applesauce, Corn on the Cob	5 Rye Brook Seniors Holiday Lunch 12 Noon @ Zody’s 19th Hole Bus departs AJP at 11:15 a.m.
8 9:00 am Chair Yoga w/Deb 10:10 am Zumba Gold w/Laura 12 pm Lunch – Cheese Lasagna, Broccoli Florets, Garlic Toast 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	9 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Grilled Cheese w/Chicken Noodle Soup 12:30 -2:30 Canasta Play	10 OUTING: Uncle Giuseppe’s- Bus departs AJP at 9:30 12 pm Lunch – Italian Combo, Potato Salad 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	11 9 am Fitness w/Jodi 10:00 am Quilling w/Patti 10:15 am Bingo! 12 pm Lunch – Shepherd’s Pie, Tossed Salad 12:30 pm Film: “Sunday Best” – The Untold Story of Ed Sullivan	12 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Chef Salad w/Egg, Ham, Turkey & Swiss Cheese 2 pm Ping Pong Play
15 9:00 am Chair Yoga w/Deb 10:10 am Zumba Gold w/Laura 12 pm Lunch – Turkey/Swiss on a roll w/coleslaw & chips 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	16 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Eggplant Rollatini, Spaghetti, Garlic Bread 12:30 -2:30 Canasta Play	17 OUTING: WPAC “Finding Neverland” - Bus departs AJP at 10:15 a.m. 12 pm Lunch – Ziti & Meatballs, Broccoli, Garlic Bread 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	18 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:00 am Quilling w/Patti 10:15 am Bingo! 12 pm Lunch – Hanukah Celebration, Brisket of Beef in Gravy, Carrots and Potato Pancakes 	19 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Hot Pastrami Reuban w/Coleslaw 2 pm Ping Pong Play 
22 9:00 am Chair Yoga w/Deb NO ZUMBA 12 pm Lunch – Baked Macaroni & Cheese, Tossed Salad 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	23 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Pasta w/Broccoli, Garlic and Oil, Bruschetta French Bread w/Basil 12:30 -2:30 Canasta Play 12:30 – Holiday Cookie Decorating	24 NO OUTING 12 pm Lunch – Sausage & Peppers Grinder, Pasta Salad NO TAI CHI SENIOR CENTER CLOSSES AT 12:30 PM	25  CHRISTMAS DAY SENIOR CENTER CLOSED	26 NO YOGA 12 pm Lunch – Baked Sole w/Lemon Rice Pilaf, Carrots 2 pm Ping Pong Play
29 9:00 am Chair Yoga w/Deb NO ZUMBA 12 pm Lunch – Grilled Chicken Pasta Primavera & Squash 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	30 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Stuffed Shells, Sauteed Broccoli Rabe, Garlic Bread	31 NO OUTING 12 pm Lunch – Chicken Scarpariello w/peppers and fried roasted potatoes NO TAI CHI SENIOR CENTER CLOSSES AT 12:30 PM	<div> Meal Cost: \$5 Resident \$10 Non-Resident Must order by Friday 12 Noon Home delivery available for Rye Brook Homebound Seniors </div>	

RYE BROOK SENIORS JANUARY 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> Meal Cost: \$5 Resident \$10 Non-Resident Must order by Friday 12 Noon Home delivery available for Rye Brook Homebound Seniors </div>			1 NEW YEARS DAY SENIOR CENTER CLOSED	2 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Monte Cristo w/Cole Slaw 2 pm Ping Pong Play
5 9:00 am Chair Yoga w/Deb 12 pm Lunch – Chicken Pot Pie w/Tossed Salad 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	6 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm New Year’s Lunch – Manicotti, Tossed Salad & Garlic Bread – DESSERTS GALORE! 12:30 -2:30 Canasta Play	7 OUTING: NY Botanical Gardens Holiday Train Show – Bus departs at 9:15 a.m. 12 pm Lunch – Pasta w/Broccoli, Garlic and Oil, Bruschetta French Bread w/Basil 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	8 9 am Fitness w/Jodi 10:15 am Bingo! 12 pm Lunch- Hot Dogs, French Fries, Coleslaw 12:30 pm Film: “Erased” – A film by Jill Yesko about High Point Hospital, Rye Brook	9 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Baked Sole w/Lemon Rice Pilaf, Carrots 2 pm Ping Pong Play
12 9:00 am Chair Yoga w/Deb 12 pm Lunch – Eggplant Rollatini, Spaghetti, Garlic Bread 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	13 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch - Meatloaf, mashed potato and string beans 12:30 -2:30 Canasta Play	14 OUTING: Stew Leonard’s – Bus departs at 10:00 am. 12 pm Lunch – Rigatoni & Broccoli w/Grilled Chicken, Shallots, Garlic & Oil 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	15 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 am Bingo! 11:30 am Lunch – Monte Cristo w/Pickles & Chips	16 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Grilled Cheese, Chicken Noodle Soup, Chips 2 pm Ping Pong Play
19 MARTIN LUTHER KING JR. DAY SENIOR CENTER CLOSED 	20 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Sausage, Peppers & Onions Grinder, Pasta Salad	21 OUTING: Walmart & Cracker Barrel -Bus departs at 9:45 am 12 pm Lunch – Meat Lasagna, Broccoli, Garlic Bread 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	22 9 am Fitness w/Jodi 10:15 am Bingo! 12 pm Lunch- Cheeseburger w/Toppings, Coleslaw, Chips	23 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Greek Salad w/Grilled Chicken 2 pm Ping Pong Play
26 9:00 am Chair Yoga w/Deb 12 pm Lunch – Italian Combo w/Macaroni Salad 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	27 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Oven Roasted Chicken, Zucchini, Potatoes 12:30 -2:30 Canasta Play	28 OUTING: Empire Casino - Bus departs at 9:30 a.m. 12 pm Lunch – Baked Macaroni & Cheese, Tossed Salad 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	29 9 am Fitness w/Jodi 10:15 am Bingo! 12 pm Lunch- Pizza & Gorgonzola Salad	30 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Chicken Fajita w/Peppers & Onions, Cilantro Rice, Salsa 2 pm Ping Pong Play

RYE BROOK SENIORS FEBRUARY 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 am Chair Yoga w/Deb 12 pm Lunch Stuffed Shells, Broccoli Florets, Garlic Toast 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	3 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Salisbury Steak, roasted potatoes, carrots 12:30 -2:30 Canasta Play	4 OUTING: A Day at City Center, White Plains – Bus departs AJP at 10 am 12 pm Lunch – Turkey & Swiss Cheese on a Roll w/Chips 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	5 9 am Fitness w/Jodi 10:15 am Bingo! 12 pm Lunch- Grilled Cheese, Chicken Noodle Soup, Chips	6 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Chef Salad 2 pm Ping Pong Play 
9 9:00 am Chair Yoga w/Deb 12 pm Lunch - Penne pasta w/ meat bolognese, broccoli and garlic bread 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play 	10 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Cheeseburger, Toppings, Coleslaw, Chips 12:30 -2:30 Canasta Play	11 OUTING: International Dining Club – Trattoria Vivolo, Harrison – Bus departs AJP at 11:30 am 12 pm Lunch – Eggplant Rollatini, Spaghetti, Garlic Bread 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	12 9 am Fitness w/Jodi 12 pm Lunch – Valentine’s Day Party – Chicken Marsala, Rice Pilaf and String beans 12:30 pm Presidential Trivia! 	13 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Waldorf Chicken Salad, Greens, Apple, Raisins, Grapes, Sherry Vinaigrette 2 pm Ping Pong Play
16  PRESIDENT’S DAY SENIOR CENTER CLOSED	17 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Boneless Pork Tenderloin, Scalloped Potatoes, Mixed Vegetables, Apple Sauce 12:30 -2:30 Canasta Play	18 OUTING: Danbury Mall, Lunch & Shop – Bus departs AJP at 10 am 12 pm Lunch – Broccoli & Cheese Quiche, Tossed Salad 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	19 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 12 pm Lunch – Chicken Fajita w/Peppers & Onions, Cilantro Rice, Salsa	20 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Baked Salmon w/Lemon Butter Sauce, Rice Pilaf, Mixed Vegetables 2 pm Ping Pong Play
23 9:00 am Chair Yoga w/Deb 12 pm Lunch Caesar Salad w/Grilled Chicken, Garlic Bread 1 pm Tai Chi w/Domingo 2:30 pm Cornhole Play	24 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Shepherd’s Pie, Tossed Salad 12:30 -2:30 Canasta Play	25 OUTING: Resorts Casino, Catskills, NY - Bus departs at 8:00 a.m. 12 pm Lunch – Pasta & Meatball, Greek salad w/feta 1 pm Tai Chi w/Domingo 2 pm Ping Pong Play	26 9 am Fitness w/Jodi 10:15 am Bingo! 12 pm Lunch- BBQ Ribs, Maple Baked Beans, Corn on the Cob	27 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Eggplant Rollatini, Spaghetti, Garlic Bread 2 pm Ping Pong Play