





# RYE BROOK SENIORS JUNE 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Caesar Salad w/Grilled Chicken 1 pm Tai Chi w/Domingo</p>	<p>4 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch Sausage, Peppers &amp; Onions Grinder w/ pasta salad 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>5 <b>OUTING: Hammond Museum &amp; Japanese Strolling Garden – Bus departs AJP at 10:15 am Box Lunch included Chicken Cutlet on a roll w/pasta salad, dessert and water</b> 12 pm Lunch – Chicken Cutlet on a Roll w/Pasta Salad 1 pm Tai Chi w/Domingo</p>	<p>6 9 am Fitness w/Jodi 10:15 am Quilling on your own 12 pm Lunch –Salisbury Steak, Roasted Potatoes &amp; Tuscan Veggies 12:30 -2:30 Mah Jong Play <b>1:00 p.m. FSW Talk – Active Aging</b></p>	<p>7 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>10 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Black Forest Ham, Cheddar Honey Mustard Panini, side salad chips 1 pm Tai Chi w/Domingo </p>	<p>11 9 am Fitness w/Tiffany 10 am Painting w/Kathy  12 pm Lunch – Corn Dogs, Fries and Baked Beans 12:30 -2:30 Canasta Play <b>NO STRENGTH TRAINING</b></p>	<p>12 <b>OUTING: Suffs, Broadway, NYC – Bus departs AJP at 10am</b> 12 pm Lunch – Pasta Primavera, Salad, Garlic Bread 1 pm Tai Chi w/Domingo</p>	<p>13 9 am Fitness w/Jodi 10:15 am Quilling on your own <b>12 pm Lunch – Father’s Day BBQ</b> - Hot Dogs, Hamburgers, Baked Beans and Side Salads 12:30 -2:30 Mah Jong Play</p>	<p>14 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Grilled Chicken fajita with peppers &amp; onions, white rice with a flour tortilla w/Salsa and Sour Cream</p>
<p>17 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Stuffed Cabbage and zucchini stewed veggies 1 pm Tai Chi w/Domingo</p>	<p>18 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Pasta Primavera w/ Grilled Chicken &amp; Garlic bread 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>19 <b>Closed for Juneteenth</b></p>	<p>20 9 am Fitness w/Jodi  <b>9:30-11 AM – BP Screening</b> 10:15 am Quilling on your own 12 pm Lunch – Bangers &amp; Mash w/tossed salad 12:30 -2:30 Mah Jong Play</p>	<p>21 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>24 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Eggplant Rollatini, spaghetti, garlic bread 1 pm Tai Chi w/Domingo</p>	<p>25 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Boneless Pork Tenderloin, applesauce scalloped potatoes, green beans 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>26 <b>OUTING: A Day at Island Beach – Bus departs AJP at 9:15 a.m.</b> 12 pm Lunch – Stuffed Shells, broccoli florets, garlic bread 1 pm Tai Chi w/Domingo</p>	<p>27 9 am Fitness w/Jodi  10:15 am Quilling on your own 12 pm Lunch – Chicken Francaise w/sauteed broccoli and buttered egg noodles 12:30 -2:30 Mah Jong Play <b>1:00 p.m. Mocktails &amp; Tattoos</b></p>	<p>28 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Cold Tuna Platter (tuna potato &amp; egg trio salad)</p>






**\*\*\*Beginning June 3<sup>rd</sup>, our senior bus is available on Mondays from 10am to 1pm for rides. \*\*\***

**Call 939-7904 to make a reservation.**

# RYE BROOK SENIORS JULY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Grilled Chicken Pasta Primavera w/winter squash 1 pm Tai Chi w/Domingo</p>	<p>2 9 am Fitness w/Tiffany 10 am Painting on your own 12 pm Lunch - Hot French Dip w/onions, swiss, au jus &amp; horseradish cream &amp; onion rings 12:30 -2:30 Canasta Play <b>1:00 pm Music Appreciation w/Amy Ahlert</b> <b>NO STRENGTH TRAINING</b></p>	<p>3 <b>OUTING: Cabaret on Broadway – Bus departs AJP at 10:00 a.m.</b> 12 pm Lunch – BBQ Baked Chicken, potato wedges and corn niblets 1 pm Tai Chi w/Domingo</p>	<p>4 <b>4<sup>th</sup> of July Holiday Center Closed</b></p>	<p>5 10:30 am Chair Yoga w/Evan 12 pm Lunch – Baked Sole w/ lemon butter sauce, rice pilaf, Mediterranean mixed vegetables</p>
<p>8 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Spaghetti and Meatballs w/Broccoli 1 pm Tai Chi w/Domingo</p>	<p>9 9 am Fitness w/Michelle 10 am Painting on your own 12 pm Lunch - Chicken Cutlet Parmigiana, Spaghetti w/tossed salad 12:30 -2:30 Canasta Play <b>1:00 pm Music Appreciation w/Amy Ahlert</b> 4:00 pm Strength Training w/Jodi</p>	<p>10 <b>OUTING: Todd’s Point Day at the Beach – Bus departs AJP at 9:30 a.m.</b> 12 pm Lunch – Black Forest Ham, Cheddar Honey Mustard Panini, side salad chips 1 pm Tai Chi w/Domingo</p>	<p>11 9 am Fitness w/Jodi 10:15 am Quilling on your own 10:15 am Bingo! 12 pm Lunch – Hot open turkey w/ gravy, stuffing and green bean casserole 12:30 -2:30 Mah Jong Play</p>	<p>12 10:30 am Chair Yoga w/Evan 12 pm Lunch – Waldorf Chicken Salad w/ grapes over green tossed salad</p>
<p>15 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Meat lasagna, steamed broccoli, cheesy bread 1 pm Tai Chi w/Domingo</p>	<p>16 9 am Fitness w/Michelle 10 am Painting on your own 12 pm Lunch – BBQ Ribs, Maple Baked Beans &amp; ½ Corn on the Cob 12:30 -2:30 Canasta Play <b>1:00 pm Music Appreciation w/Amy Ahlert</b> 4:00 pm Strength Training w/Jodi</p>	<p>17 <b>OUTING: Culinary Institute Tour and Lunch Menu: Chopped Salad, Sauteed Chicken Breast and Chocolate Mouse – Bus departs AJP at 9:45 a.m.</b> 12 pm Lunch – Stuffed Peppers w/Tossed Salad 1 pm Tai Chi w/Domingo</p>	<p>18 9 am Fitness w/Jodi <b>9:30-11 AM – BP Screening</b> 10:15 am Quilling on your own 10:15 am Bingo! 12 pm Lunch – Monte Cristo w/Ham, Swiss, Turkey on french toast battered bread, syrup, chips &amp; pickles 12:30 -2:30 Mah Jong Play</p>	<p>19 10:30 am Chair Yoga w/Evan 12 pm Lunch – Greek Salad w/Grilled Chicken</p>
<p>22 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Pasta Primavera w/grilled chicken, spring vegetables with olive oil, bruschetta French bread with basil 1 pm Tai Chi w/Domingo</p>	<p>23 9 am Fitness w/Michelle 10 am Painting on your own 12 pm Lunch – Pastrami and Swiss Cheese Ruben on Rye w/Macaroni Salad 12:30 -2:30 Canasta Play <b>1:00 pm Music Appreciation w/Amy Ahlert</b> <b>NO STRENGTH TRAINING</b></p>	<p>24 <b>OUTING: Always Patsy Cline @ Hunterdon Hills Playhouse, NJ – Bus departs AJP at 8:45 a.m.</b> 12 pm Lunch – Herb Roasted Chicken w/ zucchini and potatoes 1 pm Tai Chi w/Domingo</p>	<p>25 9 am Fitness w/Jodi 10:15 am Quilling on your own 10:15 am Bingo! 12 pm Lunch – Knockwurst, sauerkraut, bourbon baked beans 12:30 -2:30 Mah Jong Play</p>	<p>26 10:30 am Chair Yoga w/Evan 12 pm Lunch – Oven Roasted Salmon with cous cous and green beans</p>
<p>29 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Cheese Ravioli w/broccoli rabe, garlic bread 1 pm Tai Chi w/Domingo</p>	<p>30 9 am Fitness w/Tiffany 10 am Painting on your own 12 pm Lunch - Beef Stroganoff over buttered egg noodles with roasted broccoli 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>31 <b>OUTING: Empire Casino, Yonkers – Bus departs AJP at 9:30 a.m.</b> 12 pm Lunch – Chicken w/roasted potatoes and mixed vegetable 1 pm Tai Chi w/Domingo <b>5:30 p.m. Pizza &amp; Paint Night</b></p>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> <p><b>Meal Cost:</b> <b>\$5 Resident \$10 Non Resident</b> <b>Must order by Friday 12 Noon</b> <b>Home delivery available for Rye Brook Homebound Seniors</b></p> </div>	

## RYE BROOK SENIORS AUGUST 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p><b>Meal Cost: \$5 Resident \$10 Non Resident Must order by Friday 12 Noon Home delivery available for Rye Brook <span style="color: red;">Homebound</span> Seniors</b></p> </div>			<p>1 9 am Fitness w/Jodi  10:15 am Quilling on our own 10:15 am Bingo! 12 pm Lunch – Hot Open Turkey w/gravy, stuffing and green bean casserole 12:30 -2:30 Mah Jong Play</p>	<p>2 10:30 am Chair Yoga w/Evan 12 pm Lunch – Stuffed Sole w/crabmeat and scallop stuffing w/rice pilaf, Mediterranean mixed vegetables</p>
<p>5 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Boneless Chicken francese w/broccoli and potatoes 1 pm Tai Chi w/Domingo</p> 	<p>6 9 am Fitness w/Tiffany  10:15 am Painting on your own 12 pm Lunch – BBQ Pulled Pork, coleslaw &amp; corn on the cob 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>7 <b>Outing: Shopping and Lunch at Uncle Giuseppe’s, Yorktown – Bus departs at 10:15 a.m.</b> 12 pm Lunch – Rigatoni Bolognese w/ roasted cauliflower 1 pm Tai Chi w/Domingo</p>	<p>8 9 am Fitness w/Jodi 10:15 am Quilling on your own 10:15 am Bingo! 12 pm Lunch – Grilled Cheese w/Tomato, Colesaw and bag of chips 12:30 -2:30 Mah Jong Play</p>	<p>9 10:30 am Chair Yoga w/Evan 12 pm Lunch – Trio Salad Tuna, Egg, Potato over bed of lettuce</p>
<p>12 11:00 am Pickleball at Rye Hills Park 11:00 a.m. Movie Matinee 12 pm Lunch – Chicken Parmigiana over penne w/mozzarella garlic bed 1 pm Tai Chi w/Domingo</p>	<p>13 9 am Fitness w/Tiffany 10:15 am Painting on your own 12 pm Lunch – Boneless Pork Chop w/spinach and mashed potatoes 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>14 <b>OUTING: &amp; Juliet, Broadway, NYC – Bus departs AJP at 10am</b> 12 pm Lunch – Turkey &amp; Swiss, Macaroni Salad and Chips  1 pm Tai Chi w/Domingo</p>	<p>15 9 am Fitness w/Jodi  <b>9:30-11 AM – BP Screening</b> 10:15 am Quilling on your own 12 pm Lunch – Meatball Lasagna, steamed broccoli, garlic bread 12:30 -2:30 Mah Jong Play</p>	<p>16 10:30 am Chair Yoga w/Evan 12 pm Lunch – Waldorf Chicken Salad on an open face croissant</p>
<p>19 <b>Center Closed</b></p>	<p>20 <b>Center Closed</b></p>	<p>21 <b>Center Closed</b></p>	<p>22 <b>Center Closed</b></p>	<p>23 <b>Center Closed</b></p>
<p>26 <b>Center Closed</b></p>	<p>27 <b>Center Closed</b></p>	<p>28 <b>Center Closed</b></p>	<p>29 <b>Center Closed</b></p>	<p>30 <b>Center Closed</b></p>

**Opening Day Party will be held on Wednesday, September 4<sup>th</sup>.**

**Look for our Fall Newsletter which will be mailed to you mid August.**