











RYE BROOK SENIORS JANUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 New Year's Day Holiday Center Closed</p>	<p>2 New Year Celebration Doors Open at 11:30 Menu: Stationary & Passed Hors D'oervres, Tossed Salad, Sliced Ham, Chicken Piccata, Rice Pilaf, Carrots and Special Dessert \$10 4:00 pm Strength Training w/Jodi</p>	<p>3 OUTING: Shopping on Central Avenue and Lunch @ Red Lobster – Bus departs at 10 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 10:30 am Israeli - Palestinian Conflict Lecture w/David Peritz 12 pm Lunch – Knockwurst, Sauerkraut, Bourbon Baked Beans 12:30 -2:30 Mah Jong Play 1:15 pm Broadway Theatre Club Meeting</p>	<p>5 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Chef Salad w/Egg, Ham, Turkey & Swiss</p>
<p>8 12 pm Lunch – Cheese Ravioli, Broccoli Rabe w/Garlic, Onion and Shallots 1 pm Tai Chi w/Domingo </p>	<p>9 9 am Fitness w/Tiffany  10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Boneless Pork Tenderloin, Apple Sauce, Scalloped Potatoes, Green 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>10 OUTING: Arthur Avenue – Bus departs at 9:30 a.m. 12 pm Lunch – Stuffed Shells, Broccoli Florets, Garlic Bread 1 pm Tai Chi w/Domingo</p>	<p>11 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Salisbury Steak, Roasted Potatoes & Carrots 12:30 -2:30 Mah Jong Play 1:00 pm Make an Amaretto Cake! \$8 Must have a bundt pan!</p>	<p>12 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch –Grilled Chicken, Pasta Primavera, Winter Squash</p>
<p>15 Martin Luther King Jr. Holiday Center Closed</p>	<p>16 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Cheeseburger, Toppings, Coleslaw, Chips 12:30 Wordy Words & Whoopie Pies 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>17 OUTING: Marianacci's Restaurant – Price TBA – Bus departs AJP at 11:45 a.m. 12 pm Lunch – Hot Open Turkey w/Gravy, Stuffing and Green Bean Casserole 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 Pot Pies w/Tossed Salad 12:30 -2:30 Mah Jong Play</p>	<p>19 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, String beans</p>
<p>22 12 pm Lunch – Bangers & Mashed w/Tossed Salad 1 pm Tai Chi w/Domingo</p>	<p>23 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Beans BBQ Ribs, Mac & Cheese, cornbread, coleslaw 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>24 OUTING: Broadway : "Prayer for the French Republic" Bus departs AJP at 10am 12 pm Lunch – Cavatelli Pasta, w/Broccoli Rabe, Sausage, Garlic, Oil & Salad 1 pm Tai Chi w/Domingo</p>	<p>25 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Vegetable Soup w/1/2 Tuna melt and chips 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, Mixed Greens, Apples, Raisins, Grapes w/Sherry Vinaigrette</p>
<p>29 12 pm Lunch – Eggplant Rollatini, Spaghetti, Garlic Bread 1 pm Tai Chi w/Domingo</p>	<p>30 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:30 am – Virtual Tour of Lyndhurst w/Ed Peduzzi 12 pm Lunch – Pot roast, mashed potatoes, red cabbage & apple sauce 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>31 OUTING: Empire Casino – Bus departs at 9:30 a.m. 12 pm Lunch – Italian Combo on a Roll, Macaroni Salad & Chips 1 pm Tai Chi w/Domingo</p>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> <p>Meal Cost: \$5 Resident \$10 Non Resident Must order by Friday 12 Noon Home delivery available for Rye Brook Homebound Seniors</p> </div>	

RYE BROOK SENIORS FEBRUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch –Hot Open Turkey w/Gravy, Stuffing and Green Bean Casserole 12:30 -2:30 Mah Jong Play</p>	<p>2 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Grilled Cheese w/Vegetable Soup & Bag of Chips</p>
<p>5 12 pm Lunch –Shepard’s Pie & Tossed Salad 1 pm Tai Chi w/Domingo</p> 	<p>6 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Monte Cristo w/Ham, Swiss, Turkey on French Toast Battered Bread, Syrup, Chips & Pickles 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>7 OUTING: Pasquale’s Restaurant \$40 pp – Bus departs AJP at 11:45 a.m. 12 pm Lunch – Cheese Lasagna, Broccoli Florets, Garlic Bread 1 pm Tai Chi w/Domingo</p>	<p>8 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Chinese New Year Party - Chinese Chicken Stir fry with fried rice and vegetables. 12:30 p.m. Love Song Bingo 12:30 -2:30 Mah Jong Play</p>	<p>9 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Grilled Chicken over a bed of lettuce w/Gorgonzola Cheese</p>
<p>12 12 pm Lunch –Baked Ziti, w/sliced meatballs, Broccoli Florets & Garlic Bread 1 pm Tai Chi w/Domingo</p>	<p>13 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Valentine’s Day Party – Chicken Francese, Rice Pilaf & Mixed Vegetables 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>14 OUTING: Walmart & Cracker Barrel - Bus departs at 9:00 a.m. 12 pm Lunch – Italian Combo on a Roll, Macaroni Salad & Chips 1 pm Tai Chi w/Domingo</p> 	<p>15 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 am Quilling 12 pm Lunch – Knockwurst, Sauerkraut, Bourbon Baked Beans 12:30 -2:30 Mah Jong Play 1:00 p.m. Make Your Own Chocolate Covered Strawberries! \$12</p> 	<p>16 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Baked Herb Crusted Salmon, Lemon Rice Pilaf, Italian Vegetables</p>
<p>19 Presidents’ Day Holiday Center Closed</p> 	<p>20 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Vegetable Soup w/1/2 Tuna Melt and Chips 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>21 OUTING: Uncle Guiseppe’s Italian Market – Bus departs at 10:00 a.m. 12 pm Lunch – Eggplant Rollatini, Spaghetti & Garlic Bread 1 pm Tai Chi w/Domingo</p>	<p>22 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – BBQ Ribs, Mac & Cheese, Cornbread & Coleslaw 12:30 -2:30 Mah Jong Play 1:00 p.m. Art Lecture w/Mike Norris: “Que Suerat, Seurat”</p> 	<p>23 9:00 am Floor Yoga w/Deb 10:15 am Chair Yoga w/Deb 12 pm Lunch – Chicken Cordon Blu w/Rice Pilaf and String beans</p>
<p>26 12 pm Lunch –Chicken Noodle Soup and 1/2 Tuna sandwich and Chips 1 pm Tai Chi w/Domingo</p>	<p>27 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Cavatelli Pasta w/Broccoli Rabe, Sausage, Garlic and Oil & Salad 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>28 OUTING: Empire Casino – Bus departs at 9:30 a.m. 12 pm Lunch – Country Meatloaf, Roasted Potatoes & Gravy, Broccoli Vegetable Blend 1 pm Tai Chi w/Domingo 5:30 Pizza & Paint Night \$25</p>	<p>29 9 am Fitness w/Jodi 10:15 am Quilling 12 pm Lunch – Bangers & Mashed w/Tossed Salad 12:30 -2:30 Mah Jong Play</p>	