
























RYE BROOK SENIORS MARCH 2022 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| Meals: \$4 Resident \$8 Non Resident  <i>Home Delivered for those who do not drive.</i> | 1 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10-3:30 pm Cards & Games 12 pm Lunch – Chicken Gumbo | 2 10:30 am Trader Joe’s & Nautilus Diner 12 pm Lunch – Crispy Baked Fish 1 pm Tai Chi w/Domingo | 3 9 am Fitness w/Martha 10-3:30 pm Cards & Games 10:15 am Bingo! 12 pm Lunch – Boneless Pork Chop  | 4 9-3:30 pm Cards & Games 10:30 am Yoga w/Deb 12 pm Lunch – Salad with a scoop of Tuna fish  |
| 7 9-3:30 pm Cards & Games 12 pm Lunch – Mac & Cheese 1 pm Tai Chi w/Domingo | 8 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10-3:30 pm Cards & Games 12 pm Lunch – Orange Ginger Chicken | 9 10:30 am Shop, Stroll & Lunc Purchase Street, Rye 12 pm Lunch – Beef Stroganoff 1 pm Tai Chi w/Domingo  | 10 9 am Fitness w/Martha 10 am Bake Irish Soda Bread 12 pm Lunch – Hot Dogs & French Fries  | 11 9-3:30 pm Cards & Games 10:30 am Yoga w/Deb 12 pm Lunch – Sole Florentine |
| 14 9-3:30 pm Cards & Games 12 pm Lunch – Salisbury Steak 1 pm Tai Chi w/Domingo | 15 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10-3:30 pm Cards & Games 12 pm Lunch – BBQ Ribs with Corn on the Cob | 16 9:00 am Walmart & Lunch at Cracker Barrel, Fishkill 12 pm Lunch – Rst Turkey w/Gravy 1 pm Tai Chi w/Domingo | 17 9 am Fitness w/Martha 9:30 – 11 am Blood Pressure Screening 12 pm Lunch – Corned Beef & Cabbage  | 18 9-3:30 pm Cards & Games 10:30 am Yoga w/Deb 12 pm Lunch – Cheese Lasagna |
| 21 9-3:30 pm Cards & Games 12 pm Lunch – Veg Cheese Frittata 1 pm Tai Chi w/Domingo | 22 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 12 pm Lunch – Baked Ziti w/beef  | 23 9:30 am Arthur Avenue Trip 12 pm Lunch – Baked Chicken Pesto 1 pm Tai Chi w/Domingo | 24 9 am Fitness w/Martha 10-3:30 pm Cards & Games 12 pm Lunch – German Pork Chop  | 25 9-3:30 pm Cards & Games YOGA CANCELLED 12 pm Lunch – Flounder Oreganata |
| 28 9-3:30 pm Cards & Games 12 pm Lunch – Sausage & Peppers 1 pm Tai Chi w/Domingo  | 29 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10-3:30 pm Cards & Games 12 pm Lunch -Stuffed Shells | 30 10 am Lunch & Music Man, NYC 12 pm Lunch – Sweet & Sour Pork 1 pm Tai Chi w/Domingo | 31 9 am Fitness w/Martha 10-3:30 pm Cards & Games 10:15 am Bingo! 12 pm Lunch – Chicken Ratatouille  | |

RYE BROOK SENIORS APRIL 2022 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| Meals: \$4 Resident \$8 Non Resident <i>Home Delivered for those who do not drive.</i>  | | | | 1 9-3:30 pm Cards & Games 10:30 am Yoga w/Deb 12 pm Lunch – Stuffed Filet of Sole |
| 4 9-3:30 pm Cards & Games 12 pm Lunch – Knockwurst 1 pm Tai Chi w/Domingo | 5 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10-3:30 pm Cards & Games 12 pm Lunch – Pizza & Salad | 6 10 AM Company on Broadway 12 pm Lunch – Rst Turkey 1 pm Tai Chi w/Domingo  | 7 9 am Fitness w/Martha 10:15 am Bingo! 12 pm Lunch – BBQ Spare Ribs & Corn   | 8 9-3:30 pm Cards & Games 10:30 am Yoga w/Deb 12 pm Lunch – Cheese Lasagna |
| 11 9-3:30 pm Cards & Games 12 pm Lunch – Stuffed Pepper w/Gravy 1 pm Tai Chi w/Domingo  | 12 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10:30 am Color Easter Eggs 12 pm Lunch – Chicken Parm with pasta 1-2 pm Robotic Pet Tea Party  | 13 10:30 am Shop, stroll & Lunch on Mamaroneck Avenue 12 pm Lunch – Vegetable Cheese Fritata 1 pm Tai Chi w/Domingo | 14 9 am Fitness w/Martha 10-3:30 pm Cards & Games 11:30 am. Father Frank Pavone visit 12 pm Lunch – Cured Ham  | 15 SENIOR CENTER CLOSED GOOD FRIDAY OBSERVED |
| 18 9-3:30 pm Cards & Games 12 pm Lunch – Salisbury Steak 1 pm Tai Chi w/Domingo | 19 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10-3:30 pm Cards & Games 12 pm Lunch – Hot Dogs & French Fries | 20 9 am NY Botanical Gardens Orchid Show 12 pm Lunch – Baked Tilapia 1 pm Tai Chi w/Domingo  | 21 9 am Fitness w/Martha 11:30 am Passover Seder Lunch - Beef Brisket  | 22 9-3:30 pm Cards & Games YOGA CANCELLED 12 pm Lunch – Chef Salad |
| 25 9-3:30 pm Cards & Games 12 pm Lunch – Spinach Quiche 1 pm Tai Chi w/Domingo | 26 9 am Fitness w/Tiffany 10-12 Paint Class w/Kathy 10-3:30 pm Cards & Games 12 pm Lunch – Chicken Francese  | 27 11:15 am City Island 12 pm Lunch – Manicotti 1 pm Tai Chi w/Domingo 5:30 pm Pizza & Paint Night  | 28 9 am Fitness w/Martha 10:15 am Bingo! 12 pm Lunch – Hamburgers & French Fries  | 29 9-3:30 pm Cards & Games 10:30 am Yoga w/Deb 12 pm Lunch – Baked Flounder  |