













RYE BROOK SENIORS JULY 2022 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| Meals: \$4.50 Resident \$9 Non Resident <i>Home Delivered for non drivers (Rye Brook only)</i>  | | | | 1 9-3:30 pm Cards & Games 12 pm Lunch – Grilled Chicken over Lettuce |
| 4 HOLIDAY SENIOR CENTER CLOSED  | 5 9 am Fitness w/Jodi Tiff Away 10:15 AM Bingo! 12 pm Lunch – Stuffed Shells | 6 OUTING: Dine & Movie: Elvis! - <i>Bus departure time to be announced!</i> 12 pm Lunch – Baked Chicken 1 pm Tai Chi w/Domingo | 7 9 am Fitness w/Jodi 10:15 AM – Bingo! 12 pm Lunch – Pizza and Salad 12:30 pm – Mocktails & Tattoos  | 8 9-3:30 pm Cards & Games OUTING: Golf & Lunch at the Griff w/Rocky, bus departs 9:45 am 12 pm Lunch – Sole Florentine |
| 11 9-3:30 pm Cards & Games OUTING: Pickleball Clinic w/Rocky, bus departs 9:45 am. 12 pm Lunch – Macaroni & Cheese 1 pm Tai Chi w/Domingo  | 12 9 am Fitness w/Jodi Tiff Away 10:15 AM Bingo! 12 pm Lunch – BBQ Ribs | 13 OUTING: MJ the Musical, bus departs 10 am. 12 pm Lunch – Meatloaf 1 pm Tai Chi w/Domingo | 14 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 AM – Bingo! 10-3:30 pm Cards & Games 12 pm Lunch –Lemon Chicken  | 15 9-3:30 pm Cards & Games 12 pm Lunch – Crispy Baked Fish |
| 18 9-3:30 pm Cards & Games OUTING: Pickleball Clinic w/Rocky, bus departs 9:45 am. 12 pm Lunch – Chicken Sausage 1 pm Tai Chi w/Domingo | 19 9 am Fitness w/Tiffany 10:15 AM Bingo! 12 pm Lunch – Baked Ziti w/Beef | 20 OUTING: Tod’s Point Beach, bus departs 9:30 am. 12 pm Lunch – Roast Turkey 1 pm Tai Chi w/Domingo | 21 9 am Fitness w/Jodi 10:15 am – Opera Lecture w/Joe Lawliss 12 pm Lunch – Hot Dogs | 22 9-3:30 pm Cards & Games 12 pm Lunch – Grilled Chicken over Lettuce |
| 25 OUTING: 911 Museum (DATE Change), <i>bus departs PC Senior Center 9am</i> OUTING: Pickleball w/Rocky, bus departs 9:45 am. 12 pm Lunch – Veg/Cheese Fritatta 1 pm Tai Chi w/Domingo | 26 9 am Fitness w/Tiffany 10:15 AM Bingo! 12 pm Lunch – Pizza & Salad  | 27 OUTING: Cruise to West Point, bus departs 9:30 am. 12 pm Lunch – Beef/Pepper Steak 1 pm Tai Chi w/Domingo | 28 NO FITNESS 10:15 AM Bingo! 12 pm Lunch – Tilapia Vera Cruz | 29 9-3:30 pm Cards & Games 12 pm Lunch –Spaghetti & Meatballs |

RYE BROOK SENIORS AUGUST 2022 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>1 9-3:30 pm Cards & Games 12 pm Lunch – Stuffed Pepper NO TAI CHI</p> | <p>2 9 am Fitness w/Tiffany 10:15 AM – Bingo! 12 pm Lunch –Roast Turkey</p> | <p>3 OUTING: Shop & Stroll in Nyack, bus departs 10:30 am. 12 pm Lunch – Egg Salad Sandwich 1 pm Tai Chi w/Domingo</p> | <p>4 9 am Fitness w/Jodi 10:15 AM – Bingo! 12 pm Lunch –Cheese Lasagna</p> | <p>5 9am – 4pm Driver’s Education Course \$30 Must Sign up – For ALL ages. 9-3:30 pm Cards & Games 12 pm Lunch – Meatloaf</p> |
| <p>8 9-3:30 pm Cards & Games 12 pm Lunch – Knockwurst 1 pm Tai Chi w/Domingo</p> | <p>9 9 am Fitness w/Tiffany 10:15 AM – Bingo! 12 pm Lunch – Honey Garlic Chicken & Broccoli</p> | <p>10 OUTING: Arthur Avenue, bus departs 9:30 am. 12 pm Lunch – Boneless Breaded Pork Chop 1 pm Tai Chi w/Domingo</p> | <p>11 9 am Fitness w/Jodi 10:15 AM – Bingo! 12 pm Lunch – Hamburger</p>  | <p>12 9-3:30 pm Cards & Games 12 pm Lunch – Turkey Rueben Wrap</p> |
| <p>15 9-3:30 pm Cards & Games 12 pm Lunch – Spinach Quiche 1 pm Tai Chi w/Domingo</p>  | <p>16 9 am Fitness w/Tiffany 10:15 AM – Bingo! 12 pm Lunch – Beef Burgundy</p>  | <p>17 OUTING: Shop & Stroll in Beacon, bus departs 10am. 12 pm Lunch – Chicken Francese 1 pm Tai Chi w/Domingo</p> | <p>18 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 AM – Bingo! 10-3:30 pm Cards & Games 12 pm Lunch – Sausage & Pepper Wedge</p>  | <p>19 9-3:30 pm Cards & Games 12 pm Lunch – Chef Salad</p> |
| <p>22 9-3:30 pm Cards & Games 12 pm Lunch – Eggplant Parmigiana 1 pm Tai Chi w/Domingo</p> | <p>23 9 am Fitness w/Tiffany 10:15 AM – Bingo! 12 pm Lunch – Chicken Waldorf Salad</p>  | <p>24 OUTING: Lunch at Barley Beach House, bus departs 11:15 am. 12 pm Lunch – Crispy Baked Fish 1 pm Tai Chi w/Domingo 5:30 pm Pizza & Paint Night</p> | <p>25 NO FITNESS 10:15 AM Bingo! 12 pm Lunch – Yankee Pot Road</p> | <p>26 9-3:30 pm Cards & Games 12 pm Lunch – Roast Chicken</p> |
| <p>29 SENIOR CENTER CLOSED</p> | <p>30 SENIOR CENTER CLOSED</p> | <p>31 SENIOR CENTER CLOSED</p> | | <p>Meals: \$4.50 Resident \$9 Non Resident <i>Home Delivered for those who do not drive.</i></p>  |