











RYE BROOK SENIORS SEPTEMBER 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals: \$4.50 Resident \$9 Non Resident <i>Home Delivered for non drivers (Rye Brook only)</i> 			1 Center Closed	2 Center Closed
5 LABOR DAY HOLIDAY SENIOR CENTER CLOSED	6 Center Closed	7 Opening Day Party (Taste of Italy Theme) DOORS OPEN AT 11:30 a.m.	8 9 am Fitness w/Jodi  10:30 am Bingo 12 pm Lunch – Salad with Grilled Chicken	9 9:00 am Floor Yoga w/Deb 10:30 am Chair Yoga w/Deb 12 pm Lunch – Baked Flounder Oreganato
12 10 am Pickleball at Rye Hills Park 10:30 am Lecture w/Professor David Peritz “War in Ukraine” 12 pm Lunch – Mac & Cheese 1 pm Tai Chi w/Domingo	13 9 am Fitness w/Tiffany 10 am: Painting Class w/Kathy 10:30 am Bingo 12 pm Lunch – Boneless Breaded Pork Chop	14 OUTING: “Funny Girl” – Bus departs AJP 10am 12 pm Lunch – Chicken Chow Mein 1 pm Tai Chi w/Domingo	15 9 am Fitness w/Jodi  9:30-11 AM – BP Screening 12 pm Lunch – Hamburger w/baked beans & Cole Slaw	16 9:00 am: Floor Yoga w/Deb 10:30 am: Chair Yoga w/Deb 12 pm Lunch –Eggplant Parmigiana
19 10 am Pickleball at Rye Hills Park 12 pm Lunch – Crispy Baked Fish 1 pm Tai Chi w/Domingo 	20 9 am Fitness w/Tiffany 10 am Painting Class w/Kathy 12 pm Lunch – Roast Chicken	21 OUTING: Cruise to Westpoint - Bus departs 9:45 a.m. 12 pm Lunch – Pork Cutlet 1pm Tai Chi w/Domingo	22 9 am Fitness w/Jodi 10:30 am Bingo 11:30 am Lunch and Square Dancing at PC Senior Center 12 pm Lunch –Spare Ribs w/Corn on the Cob	23 9:00 am: Floor Yoga w/Deb 10:30 am: Chair Yoga w/Deb 12 pm Lunch –Ravioli
26 10 am Pickleball at Rye Hills Park 12 pm Lunch – Vegetable Frittata 1 pm Tai Chi w/Domingo	27 9 am Fitness w/Tiffany  10 am Painting Class w/Kathy 10:30 am Bingo 12 pm Lunch – Beef Brisket	28 OUTING: Port Jefferson Ferry – Bus leaves Center at 8am 12 pm Lunch –Baked Chicken 1 pm Tai Chi w/Domingo	29 9 am Fitness w/Jodi 12 pm Lunch – Baked Ziti w/Sausage	30 9:00 am: Floor Yoga w/Deb 10:30 am: Chair Yoga w/Deb 12 pm Lunch –Meatloaf

RYE BROOK SENIORS OCTOBER 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10 am Pickleball at Rye Hills Park 12 pm Lunch – Italian Chicken Sausage 1 pm Tai Chi w/Domingo </p>	<p>4 9 am Fitness w/Tiffany 10 am Painting Class w/Kathy 10:30 am Bingo! 12 pm Lunch –Roast Turkey</p>	<p>5 OUTING: Arthur Avenue – Bus departs at 9:30 a.m. 12 pm Lunch – Salmon Loaf 1 pm Tai Chi w/Domingo</p>	<p>6 9 am Fitness w/Jodi 12 pm Lunch – Hot Dogs w/French Fries & Cole Slaw 12:45 AM – Music Lecture w/Amy</p>	<p>7 9:00 am Floor Yoga w/Deb 10:30 am Chair Yoga w/Deb 12 pm Lunch – Boneless Breaded Pork Chop</p>
<p>10 SENIOR CENTER CLOSED COLUMBUS DAY HOLIDAY</p>	<p>11  9 am Fitness w/Tiffany 10 am Painting Class w/Kathy 12 pm Over 90's Party – Chicken Francese</p>	<p>12 OUTING: Kykuit Tour – Bus departs at 9:00 a.m. 12 pm Lunch – Stuffed Shells 1 pm Tai Chi w/Domingo</p>	<p>13 9 am Fitness w/Jodi 10:30 am Bingo 12 pm Lunch – Stuffed Peppers 12:45 AM – Music Lecture w/Amy</p>	<p>14 9:00 am Floor Yoga w/Deb 10:30 am Chair Yoga w/Deb 12 pm Lunch –Chicken Ratatouille</p>
<p>17 10 am Pickleball at Rye Hills Park 10 am Medicare Open Enrollment Discussion 12 pm Lunch – Spinach Quiche 1 pm Tai Chi w/Domingo</p>	<p>18 9 am Fitness w/Tiffany 10 am Painting Class w/Kathy 10:30 am Bingo 12 pm Lunch – Ziti w/Beef 12:30 pm Lecture: “Steve the Butterfly Guy”</p>	<p>19 OUTING: Lawrence Farms Orchard, Newburgh – Bus departs 9:15 a.m. 12 pm Lunch – Beef Sauerbraten 1 pm Tai Chi w/Domingo</p>	<p>20  9 am Fitness w/Jodi 9:30-11 AM – BP Screening 12 pm Lunch – Spare Ribs w/Corn on the Cob 12:45 AM – Music Lecture w/Amy</p>	<p>21 9:00 am Floor Yoga w/Deb 10:30 am Chair Yoga w/Deb 12 pm Lunch – Tilapia Veracruz</p>
<p>24 10 am Pickleball at Rye Hills Park 9:30 am Apple Pie Class w/Liz 10 am Medicare Counseling 12 pm Lunch – Salisbury Steak 1 pm Tai Chi w/Domingo</p>	<p>25  9 am Fitness w/Tiffany 10 am Painting Class w/Kathy 12 pm Halloween Party – Chicken Parmigiana</p>	<p>26 OUTING: Wave Hill, Bus departs at 10:15 am 12 pm Lunch – Cured Baked Ham 1 pm Tai Chi w/Domingo 5:30 pm Pizza & Paint Nite</p>	<p>27 9:00 am Fitness w/Jodi 10:30 am Bingo 12 pm Lunch – Pork Chops 12:45 AM – Music Lecture w/Amy</p>	<p>28 9:00 am Floor Yoga w/Deb 10:30 am Chair Yoga w/Deb 12 pm Lunch –Italian Meatballs & Spaghetti</p>
<p>31 10 am Pickleball at Rye Hills Park 12 pm Lunch – Veal Ghoulish 1 pm Tai Chi w/Domingo</p>				<p>Meals: \$4.50 Resident \$9 Non Resident Home Delivered for those who do not drive. </p>