












# RYE BROOK SENIORS SEPTEMBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 Labor Day Holiday Center Closed</p>	<p>5 <b>Opening Day</b> <b>Doors Open At 11:00 a.m.</b> 12pm Lunch – Chicken Cordon Blue, Rice Pilaf, Peas and Carrots  <b>NO FITNESS OR CANASTA</b></p>	<p>6 OUTING: City Island. Bus departs 10:45 AM 12 pm Lunch – Boneless Breaded Pork Chop, Mashed Sweet Potato &amp; String Beans 1 pm Tai Chi w/Domingo </p>	<p>7 9 am Fitness w/Jodi 12 pm Lunch – Ribs, Macaroni Salad &amp; Corn on the Cob 12:30 -2:30 Mah Jong Play 12:30 pm RB Seniors Business Meeting 50-50 Raffle &amp; Monthly Birthdays</p>	<p>8 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Baked Ziti w/Ground Beef and Zucchini w/Garlic</p>
<p>11 9:30 am September 11<sup>th</sup> Remembrance Ceremony &amp; Breakfast 10:15 am Pickleball at Rye Hills Park 12 pm Lunch – Salisbury Steak, Mashed Potatoes, Peas &amp; Onions 1 pm Tai Chi w/Domingo </p>	<p>12 9 am Fitness w/Tiffany  10 am Painting w/Kathy 12 pm Lunch - Eggplant Parmigiana w/Tossed Salad &amp; Garlic Bread 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>13 9:30 AM Breakfast &amp; Chat w/Blind Brook School Superintendent Colin Byrne OUTING: Pride of Hudson. Bus Departs 11AM 12 pm Lunch – Tuna Salad Platter over lettuce, Green Bean Salad 1 pm Tai Chi w/Domingo <b>SENIOR CENTER CLOSSES AT 2PM</b></p>	<p>14 9 am Fitness w/Jodi  12 pm Lunch – Beef Brisket w/Gravy, Honey Glazed Carrots &amp; Potato Latke 12:30 -2:30 Mah Jong Play</p>	<p>15 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Grilled Chicken Salad over bed of lettuce w/tomato, cucumber and hardboiled egg</p>
<p>18 10:15 am Pickleball at Rye Hills Park 12 pm Lunch –Egg Salad Sandwich, Pasta &amp; Vegetable Salad 1 pm Tai Chi w/Domingo</p>	<p>19 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Meatloaf w/Gravy, Mashed Potatoes, Peas &amp; Carrots 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>20 OUTING: A Beautiful Noise on Broadway. Bus Departs at 10:00 AM 12 pm Lunch – Baked Sole Oreganata, Rice Pilaf &amp; Carrots 1 pm Tai Chi w/Domingo </p>	<p>21 9 am Fitness w/Jodi  9:30-11 AM – BP Screening 10:15 am Quilling w/Patti 12 pm Lunch – Stuffed Shells w/Tomato Sauce, Penne Pasta &amp; Broccoli Florets 12:30 -2:30 Mah Jong Play</p>	<p>22 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Roast Turkey w/Gravy, Stuffing &amp; Creamed Spinach</p>
<p>25 10:15 am Pickleball at Rye Hills Park 12 pm Lunch – Italian Chicken Sausage, Roasted Potatoes, Peppers &amp; Onions 1 pm Tai Chi w/Domingo</p>	<p>26 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Asian Pork &amp; Peppers, White Rice, Oriental Vegetable Mix 12:30 -2:30 Canasta Play 4:00 pm Strength Training w/Jodi</p>	<p>27 OUTING: Coney Island Aquarium. Bus Departs 9:15 AM 12 pm Lunch – Eggplant Parmigiana, Penne &amp; Zucchini 1 pm Tai Chi w/Domingo</p>	<p>28 9am Fitness w/Jodi 10:15 am Quilling w/Patti 12 pm Lunch – Chicken Paprika, Harvard Beets, Mixed Tuscan Vegetables 12:30 -2:30 Mah Jong Play 12:45 pm Elder Abuse Talk w/Barbara Stern</p>	<p>29 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Yankee Pot Roast w/Gravy, Mashed Sweet Potatoes, Cauliflower &amp; Peas</p>
				<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 <span style="color: red;">Homebound</span> Seniors</b></p>

# RYE BROOK SENIORS OCTOBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:15 am Pickleball at Rye Hills Park 12 pm Lunch –Crispy Baked Fish, Wild Rice & Broccoli 1 pm Tai Chi w/Domingo	3 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Manicotti w/Tomato Sauce, Tossed Salad w/Chickpeas, Broccoli Florets 12:30 -2:30 Canasta Play 12:45 pm Music appreciation w/ Amy 4:00 pm Strength Training w/Jodi	4 OUTING: Port Jefferson. Bus Departs at 8AM 12 pm Lunch – Beef Sauerbraten w/Gravy, German Potato Salad, Red Cabbage 1 pm Tai Chi w/Domingo 	5 9 am Fitness w/Jodi 10:15 am Quilling w/Patti 12 pm Lunch – Ribs, Mac & Cheese & Corn on the Cob 12:30 -2:30 Mah Jong Play 12:30 pm RB Seniors Business Meeting 50-50 Raffle & Monthly Birthdays 	6 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Honey Garlic Chicken & Broccoli, White Rice, Oriental Vegetable Mix
9 <b>Columbus Day Holiday</b> <b>Center Closed</b>	10 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Crispy Baked Chicken, Scalloped Potatoes & Broccoli 12:30 -2:30 Canasta Play 12:45 pm Music appreciation w/ Amy 4:00 pm Strength Training w/Jodi	11 OUTING: Arthur Avenue. Bus Departs 10 AM 12 pm Lunch – Italian Meatballs w/Tomato Sauce, Spaghetti & Zucchini 1 pm Tai Chi w/Domingo	12 9 am Fitness w/Jodi 10:15 am Quilling w/Patti 12 pm Lunch – Over 90’s Celebration Roast Turkey w/Gravy, Mashed Potatoes & String Beans 12:30 -2:30 Mah Jong Play	13 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Tilapia w/Veracruz Sauce, Rice Pilaf & Broccoli
16 <b>9-4 Defensive Driving Course (\$35)</b> 10:15 am Pickleball at Rye Hills Park 12 pm Lunch – Knockwurst w/Sauerkraut, Tator Tots, Peppers & Onions  <b>NO TAI CHI</b>	17 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Baked Ziti w/Ground Beef, Tossed Salad & Spinach 12:30 -2:30 Canasta Play 12:45 pm Music appreciation w/ Amy 4:00 pm Strength Training w/Jodi	18 OUTING: Apple Picking & Lunch. Bus Departs 9:30 AM 12 pm Lunch – Sweet & Sour Pork, White Rice & Broccoli Florets  <b>NO TAI CHI</b>	19 9 am Fitness w/Jodi 9:30-11 AM – BP Screening 10:15 am Quilling w/Patti 12 pm Lunch – Sole Florentine w/Lemon Butter Sauce, Lemon Potatoes & Carrots 12:30 -2:30 Mah Jong Play 	20 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Chef Salad <b>1pm Apple Pie Making Class</b> 
23 10:15 am Pickleball at Rye Hills Park 12 pm Lunch – Salisbury Steak w/Gravy, Mashed Sweet Potatoes & Cauliflower 1 pm Tai Chi w/Domingo	24 9 am Fitness w/Tiffany 10 am Painting w/Kathy 12 pm Lunch – Eggplant Parmigiana w/Tossed Salad & Garlic Bread 12:30 -2:30 Canasta Play 12:45 pm Music appreciation w/ Amy 4:00 pm Strength Training w/Jodi	25 OUTING: Empire Casino. Bus departs 9:30 AM 12 pm Lunch – Turkey A La King, Brown Rice & Spinach 1 pm Tai Chi w/Domingo 5:30 pm Pizza & Paint Night w/Kathy	26 9 am Fitness w/Jodi 10:15 am Quilling w/Patti 12 pm Lunch – Halloween Party - Chicken Francese, Rice Pilaf & Carrots 12:30 -2:30 Mah Jong Play	27 9:00 am Floor Yoga w/Deg 10:15 am Chair Yoga w/Deb 12 pm Lunch – Waldorf Chicken Salad
30 10:15 am Pickleball at Rye Hills Park 12 pm Lunch – Broccoli & Cheese Quiche, Roasted Potatoes, Stewed Tomatoes 1 pm Tai Chi w/Domingo	31 9 am Fitness w/Tiffany 10 am Painting w/Kathy 10:15 am Bingo! 12 pm Lunch – Hungarian Beef “Ghoul” ash, Buttered Noodles, Creamed Spinach 12:30 -2:30 Canasta Play <b>NO STRENGTH TRAINING</b> 			<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>