

EVENING DINE AROUND @ FRANK'S STEAKS: Wednesday, 1/17. The holiday season extends with this annual dinner. \$37.00pp.

SUNDAY FUNDAY: Sunday, 1/21 from 3:00pm-7:00pm. Watch the AFC Championship football game to see which team will be headed to the Super Bowl. Hors d'oeuvres and chili. \$10.00pp.

BOOK CLUB: Thursday, 12/21, @ 2:00pm. Ellen Berman of the RVC Library leads a discussion of "The Woman in Cabin 10" by Ruth Ware. Books are available at the front desk.

LUNCH AT BRASSERIE PERSIL: Wednesday, 1/24 @ 12:30pm. Come and earn your 1st stamp in your passport by joining us for lunch at Brasserie Persil in Oceanside. \$22.00pp. Limit 20 on bus.

A WALK ACROSS AMERICA: Friday, 1/26 @ 2:30. Danny Finnegan will present the story of his walk across America. He will depict the 6 months of journeying through 13 states and walking over 3,200 miles from Long Beach, NY to San Francisco, CA.

TRADER JOE'S & CVS SHOPPING TRIP: Wednesday, 1/31 @ 10:00am. Please make reservations by calling the transportation line. \$2.00 transportation fee payable on bus.

TUESDAY TOPICS

1/9 @ 11:00am: An Urban Zen experience. Hosted by the Grand Pavilion for Rehab & Nursing of RVC. It is an integrative therapy session that incorporates gentle modalities such as Reiki, essential oil therapy and mindfulness practices.

1/16 @ 11:00am: Auditory Training for Hearing Loss. Learn to take advantage of brain plasticity (its capacity to change) to help improve speech perception in those with hearing loss. Presented by Polina Shuminsky, Au.D.

1/30 @ 11:00am: Diabetes – How it is diagnosed and treated. Presented by Beth Freedman MPH, RD, CDN Diabetes Educator at Mercy Medical Center.

SHARE YOUR STORY

This is an opportunity to share and record your triumphs, challenges and experiences. Everyone's stories are unique and beautiful, so we want to honor and hear all about yours. Julia, Sandel's social work intern, will be available in the dining room throughout the month to assist you with this project which will be compiled into a "storybook".

LOOKING AHEAD

"MY FAIR LADY" Wednesday, 2/7. Lunch at King Umberto's, show at the Broad Hollow Theatre in Elmont. \$55.00pp. Limit 35. Sign-up begins Tuesday, 1/16.

CHINESE AUCTION & LUNCHEON: Friday, 2/16 @ 12 noon. What will you go home with? Come and bid on a variety of unique items. We will be collecting brand new, unopened gifts so if you have any to share, donations are gladly accepted. \$5.00pp includes 10 auction tickets.

TOUR WASHINGTON DC – OUR NATION'S CAPITAL: 9/28/18 – 10/2/18. Trip includes motor coach transportation, 4 nights lodging, and tours featuring the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Memorial, the Smithsonian, Arlington Cemetery, Mount Vernon and much more. Cost: \$550pp double occupancy, \$730pp single. A deposit of \$75.00pp and purchase of the mandatory travel insurance will hold your spot. Sign-up in the front office.

JANUARY 2018

R.V.C. Senior Services
Sandel Center at 50 South Park Avenue
Chris O'Leary, Director



Sandel Senior Center of RVC NY

email: sandel@rvcny.us

SANDEL CENTER 678-9350

TRANSPORTATION 766-1266

SOCIAL WORK 536-1162

****Sign Up For Trips & Special Events during Sign-up Committee Hours****

Mon-Fri 10:30-12:00 & 1:30-3:00

RVC SANDEL CENTER MISSION STATEMENT

It is the mission of the RVC Sandel Center to provide Rockville Centre older residents with a multipurpose facility that promotes vital aging and life satisfaction through programs and activities, volunteer and civic participation and meaningful social engagement.



WINTER WEATHER



In the event of snowy or icy conditions, please be advised that if the RVC schools are closed the Senior Center will not be providing transportation. Please call before coming out.
Your safety is our priority.

"VIRTUAL TRIP AROUND THE WORLD – 2018": Pick up a passport application and be ready to travel to 12 different countries such as China, Ireland, Cuba, Italy & Germany. Each month learn some basic language and sample international cuisine from around the globe with Sandel friends.

TOTAL BODY WORKOUT: Fridays @ 10:00am. A brand new fitness class is coming to Sandel, sponsored by the Town of Hempstead. Megan Griffo and Jamie from Heights Fitness will teach a group exercise class that will work on every part of your body. Non-members and Sandel members are encouraged to try these up-beat workouts.

ROCKING NEW YEAR'S EVE AT SANDEL: Friday, 1/5 @ 12 noon. Celebrate the New Year with all of your friends at this annual party. Lunch and entertainment by Gary Morris. \$10.00pp. (\$12.00pp charged day of event). Sign-up begins 12/4.

LANDMARK THEATRE: Wednesday, 1/10 @ 12:30pm. Join singer/songwriter Lois Morton as she brings us back to another era with the music of Edith Piaf, Marlene Dietrich and Soper Tucker \$5.00pp. Limit 20.

THANK YOU LUNCHEON HOSTED BY MIKE FALLON: Friday, 1/19 @ 12 noon. Mike Fallon, who recently recovered from an operation, wants to show his appreciation for all the support he received during his recovery. All members are welcome to sign up at the front desk for this delicious luncheon provided by Mike which includes entertainment by John Weber.

REMINDERS

You must call 766-1266 before 8:30 am with your transportation request.

All lunch orders must be placed before 11:15am. Call the office to place your order only if you will not be in the building before 11:15.