

**BOOK CLUB:** Wednesday, 8/21 @ 2:00pm. Ellen Berman of the RVC Library leads a discussion of “The Death of Mrs. Westaway” by Ruth Ware. Books are available at the front desk.

**LECTURES**

**Tuesday, 8/13 @ 11:00am:** “What is CBD Oil?” Learn the uses, benefits and effects of CBD oil. Presented by Anthony Valenti from Valenti Pharmacy. Sponsored by the Senior Concerns Committee.

**Tuesday, 8/20 @ 11:00am:** “Hyperbaric Oxygen Therapy”. Eileen Grilli, RN, at Park Avenue Extended Care will be discussing the reasons for and benefits of Hyperbaric Oxygen Therapy.

*Summer Madness*

The Senior Concerns Committee is hosting events the week of August 26<sup>th</sup>. There is no transportation or staff for these events. Sign-up begins Monday 8/5 at the “Summer Madness” table in the dining room. Refer to the enclosed flyer for details.

**COMING IN SEPTEMBER**

**BETHPAGE VILLAGE TOUR:** Wednesday, 9/4 @ 12:30. Take a tour with a personal tour guide from the comfort of Sandel’s bus through Historic Bethpage Village. This trip is wheelchair and walker friendly. \$15.00pp. Limit 30. Sign-up begins Monday, 8/5.

**BINGO:** Friday, 9/6 @ 1:00pm. Back by popular demand. \$4.00pp paid @ door.

**LANDMARK THEATRE TRIP:** Wednesday, 9/11. Join presenter Marilyn Carminio as she showcases the lives and music of Louis Armstrong and Ella Fitzgerald, two of the greatest musicians in the history of the 20<sup>th</sup> Century. \$5.00 transportation fee. Limit 20. Sign-up begins Monday, 8/19.

**PAINT PARTY:** Friday, 9/20 @ 1:00pm. Come paint and create a wine glass to take home. Perfect for happy hour. \$5.00pp.

**LOOKING AHEAD**

**OKTOBERFEST @ THE PLATTDUETSCHER RESTAURANT:** Friday, 10/18. Enjoy an authentic German buffet followed by traditional music and dancing. Beer, wine, soda, dessert and coffee included. \$50.00pp.

**“MIRACLE OF CHRISTMAS IN LANCASTER”:** November 12<sup>th</sup> & 13<sup>th</sup>. Enjoy a pre-holiday getaway at this awe inspiring production at the Sight & Sound Millennium Theatre. Trip includes overnight accommodations at the Eden Resort Suites, family style dinner, a full breakfast buffet and a chance to do some holiday shopping for traditional Amish baked goods and gifts. Single \$395pp, Twin \$340pp, Triple \$331pp. \$100 deposit reserves your spot. Balance due now.

**SANDEL SENIOR CENTER CALENDAR OF EVENTS**  
**AUGUST 2019**

R.V.C. Dept. of Senior Services  
50 South Park Avenue



Sandel Senior Center of RVC NY

Director email: [coleary@rvcny.us](mailto:coleary@rvcny.us)

SANDEL CENTER 678-9350

TRANSPORTATION 766-1266

SOCIAL WORK 536-1162

**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.

**TOWN OF HEMPSTEAD BEACH PROGRAM:**

Every **Wednesday** free transportation is provided by the TOH. Pick-ups are at the Sandel Center, Rec Center, 40 Maine Ave, 59 Clinton Ave, Halandia & 579 Merrick Road between 9:30 & 10:00am

**OUTDOOR FUN DAY:** Friday, 8/2 from 12-3. Summer and the living is easy! Join us for lunch (fried chicken & corn on the cob), water balloon toss, hopscotch, corn hole toss and fishing followed by a brownie parfait for dessert. \$5.00pp (\$7.00 charged day of event).

**SPA BOAT TRIP:** Tuesday, 8/6 12-4pm. Board the Freeport Gem to cruise throughout the Long Island bays. Entertainment by Steve Cassano, light lunch and transportation included. This is a 2-story boat. There is no elevator. \$25.00pp.

**MEN’S CLUB PICNIC AT BAY PARK:** Monday 8/12 @ 11:00am. Enjoy burgers and hot dogs under a shady tree. (Men’s Club members only).

**LANDMARK THEATER TRIP:** Wednesday, 8/14. Frank Sinatra Tribute. Take a walk down memory lane listening to the hits from “Ole Blue Eyes”. \$5.00pp transportation fee. Limit 20.

**SPA-TACULAR LUNCH & PARTY:** Friday, 8/16 from 12-4. Celebrate another wonderful SPA season. SPA members are invited to a delicious lunch and fun-filled afternoon. Tommy Sullivan will entertain all afternoon. Self sign-up at the front desk beginning Thursday 8/1.

**LIDO BEACH CONCERT:** Wednesday, 8/21. Enjoy lunch and the music of DJ Joey Love under the tent. \$2.00 transportation fee. Limit 20.

**LUNCHTIME LEVITY WITH BRIAN QUINN:** Friday, 8/23 @ 12:30PM. Ryan will be at Sandel to share his latest stand-up routine. Ryan has performed at several comedy clubs in NYC.

**REMINDERS:** You must call 766-1266 before 8:30am with your transportation request.  
All lunch orders must be placed before 11:15am.