

VALENTINE LOBSTER LUNCH: Thursday, 2/14 @ 12 noon. Choose a sumptuous lobster lunch \$17.00 or fried fillet of sole \$5.00. You must sign-up by Thursday, 2/7. No refunds.

GENERAL MEETING & ENTERTAINMENT: Fri. 2/22 1pm. Immediately following the General Meeting Lou Cammaleri will perform popular songs from the biggest entertainers of the 50's, 60's and 70's made famous by the likes of Frank Sinatra, Nat King Cole, Frankie Valli & Tom Jones.

JAKES 58: Mon. 2/25. Try your luck at Long Island's newest casino. \$5.00 Sign-up now. Limit 20.

BOOK CLUB: Wednesday, 2/27 @ 2:00pm. Ellen Berman of the RVC Library leads a discussion of "Cocoa Beach" by Beatriz Williams. Books are available at the front desk.

DINE AROUND: Wednesday, 2/27 @ 6pm. Enjoy dinner with friends at Lenox & Park (corner of Park & Lenox). \$31.00pp. You must sign-up in advance. Transportation is not provided.

TUESDAY LECTURE SERIES

Tuesday, 2/5 @ 11:00am: "Partnering for your Health". Presented by Susan Congivsta, Asst. VP Patient Experience, Northwell Health.

Tuesday, 2/19 @ 11:00am: "Leaves are Supposed to Fall - People Aren't". Presented by Lori Ginsberg RN MA, Northwell Health. Plan on spending 90 minutes at this workshop.

Tuesday, 2/26 @ 12 noon: Complimentary lunch followed by "Sleep & Aging" presented by Dr. Louis Saffran, Director for Sleep Medicine and Chief of Critical Care at South Nassau Communities Hospital. Sponsored by the Grand Pavilion. There is no charge. Self sign-up at the front desk required. You must attend the lecture.

Looking Ahead

TRACY SEGARA "NOW YOU'R TALKING": Six week storytelling workshop. Professional storyteller Tracy Segarra will share her passion at the Sandel Center with a six-week series of storytelling workshops. A self-named "storytelling evangelist" and MothRadio award winner, Ms. Segarra teaches participants to craft effective and compelling stories of their own – and in doing so connect with their humanity and with each other. This program is grant funded. Participants must commit to attend all 6 workshops. Classes begin on Monday, March 4th preregistration is required. Limit 20

ST. PATRICK'S DAY LUNCHEON & PARTY: Friday, 3/15 @ 12 noon. Enjoy a traditional Irish lunch of corned beef & cabbage, potatoes and homemade Irish Soda Bread before dancing to Irish & American music from "After Hours" DJ & Entertainment. \$10.00pp. Sign-up now.

SANDEL SUPPER CLUB'S STEAK NIGHT: Wednesday, 4/3 from 4-7pm. This twilight evening will be filled with delicious food, entertainment by John Weber and served by the Mayor's Youth Task Force. The menu is Filet Mignon with caramelized onions & bearnaise sauce, roasted red potatoes, garden salad and sauteed cauliflower – tartufo and biscotti for dessert. Bring your own refreshments. \$15.00pp. Sign-up begins on 3/4 and ends on 3/25. No refunds for cancellations after 3/29.

FLEA MARKET: Friday, 4/5 (date change)

TRAVEL WITH FRIENDS

The 2019 Sandel Center 7-night cruise to Bermuda on the beautiful Celebrity Summit sets sail May 5, 2019. This trip has been specially designed for our members and will be fully escorted by Chris O'Leary and Cruise Planners staff. Flyers are available in the office.

SANDEL SENIOR CENTER CALENDAR OF EVENTS

FEBRUARY 2019

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



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.

GO RED FOR WOMEN: Every Friday in February we are "Going Red for Women". Take this opportunity to find all of the red clothes in your closet. The American Heart Association encourages all of us make it our mission to save lives and educate ourselves about women's heart health.

CENTER STAGE CHORUS RETURNS: This is the perfect time to join the chorus as they begin their spring season. Lift your voice in song and let joy enter your heart with this fun group of talented performers. Rehearsals are Mondays @ 12:45.

INN FOOD DRIVE: The Senior Concerns Committee is sponsoring a food drive the week of February 11th. The INN provides services to assist those challenged by hunger, homelessness and poverty. Please donate shelf-stable food items in cans, boxes and bags only. No glass containers.

CARY GRANT: PRINCE OF HOLLYWOOD: Friday, 2/1 @ 1:00pm. Marilyn Carminio, a freelance lecturer, will provide an educational and enjoyable presentation of "Hollywood's Only True Prince". Marilyn puts her heart and soul into her projects. Her keynote technology is state of the art for generating a beautiful visual presentation. \$5.00pp. Sign-up now.

ELVIS "THE KING" PRESLEY: Friday, 2/8 @ 1:00pm. Sandel is the host of this show stopping event. 200 members and non-members from other senior centers are scheduled to attend. This event is co-sponsored by The Bristal and Lynbrook Restorative Therapy & Nursing. No charge. Self-sign-up at the front desk.

NEW YORK TENNIS OPEN @ Nassau Coliseum: Wednesday, 2/13. Be a part of the tennis action as legendary players compete on the court. Lunch on your own at any one of the many different concession stands at the beautiful new coliseum. \$24.00pp. Limit 9. Sign-up now.

REMINDERS

You must call 766-1266 before 8:30am 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.