

HAPPY HOUR: Wednesday, 7/24 @ 2:00pm. Take a trip down memory lane with Sherri while enjoying mocktails and snacks.

“ON YOUR FEET” AT WESTCHESTER BROADWAY DINNER THEATRE TRIP: Wednesday, 7/24. This jukebox musical is based on the lives and music of 26-time Grammy Award winning husband and wife team Gloria & Emilio Estefan. Three course lunch and coach bus transportation included. \$85.00pp. Wait list only.

JAKE’S 58 CASINO: Monday, 7/29. Try your luck @ Long Island’s newest casino. Lunch on your own. \$5.00 transportation fee. Sign-up begins Monday, 7/8.

BOOK CLUB: Wednesday, 7/31 @ 2:00pm. Ellen Berman of the RVC Library leads a discussion of “Little Fires Everywhere” by Celeste Ng. Books are available at the front desk.

EVENING DINE AROUND: Wednesday, 7/31 @ 6:00pm. Enjoy dinner with friends at Blue Moon in Rockville Centre. \$30.00pp. You must sign-up in advance.

SPA 2019

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.

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.

LECTURES

Tuesday 7/2 @ 11:00am: “Identify and Prevent Senior Scams” presented by the Nassau County Police Department.

Tuesday, 7/16 @ 11:00am: “Take Control of Your Medications”. Learn the appropriate use of medications and what to ask your healthcare provider. Presented by Catholic Home Care Community Outreach.

LOOKING AHEAD

OUTDOOR FUN DAY: Friday, 8/2 from 12-3. Summer and the living is easy! Join us for lunch (fried chicken), lawn games and some old-fashioned fun in the sun. \$5.00pp.

MEN’S CLUB PICNIC AT BAY PARK: Monday 8/12. (Men’s Club members only)

LANDMARK THEATER TRIP: Wednesday, 8/14. Frank Sinatra Tribute. \$5.00pp transportation fee. Limit 20. Sign-up begins Monday, 7/15.

LIDO BEACH CONCERT: Wednesday, 8/21. Enjoy lunch and the music of DJ Joey Love under the tent. \$2.00 transportation fee. Limit 20. Sign-up begins Monday, 7/22.

“MIRACLE OF CHRISTMAS IN LANCASTER”: November 12th & 13th. 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. Final payment due August 1st.

SANDEL SENIOR CENTER CALENDAR OF EVENTS

JULY 2019

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



Sandel Senior Center of RVC NY

Director email: 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

MEMOIR WRITING: Tuesday, 7/16, 7/23, 7/30, 8/13 & 8/20 from 6-7:30pm. Share the stories of your life; every life has memorable moments. In this 5 week introductory memoir writing workshop you will learn techniques to transform those memorable moments into compelling stories. Pre-registration required in the office. Limit 12.

TAI CHI: 8 sessions beginning Monday, 7/1 @ 12:45. This low impact relaxing form of exercise offers incredible health benefits for seniors. Presented by a South Nassau Community Hospital injury prevention specialist.

FREEPORT WATER TAXI: Tuesday, 7/9 @ 1:00pm. Cruise the beautiful South Shore waterways while enjoying a picnic lunch on the boat. Strong walkers only. \$30.00pp. Wait list only.

SUMMER BBQ (hosted by the Men’s Club): Wednesday 7/10 @ 12 noon. Celebrate summer with an old fashioned BBQ and entertainment. \$10.00pp. (\$12.00 charged day of event). You must cancel by Monday 7/8 to receive a refund. Sign-up now.

SANDEL SUPPER CLUB’S LOBSTER NIGHT: Wednesday, 7/17 from 4-7pm. This summer evening will be filled with delicious food, full lobsters, corn on the cob , baked potato and dessert. Dinner will be served by the Mayor’s Youth Task Force and John Webber will entertain. Bring your own refreshments. \$20.00pp. No refunds for cancellations after 7/12.

FLEA MARKET: Friday, 7/19 from 10-3. Volunteer, shop and donate. This is a fun day and a great fundraiser for the center. If you would like to volunteer, please sign-up in advance with Marie Spiwak or Laura. Please hold all donations until Monday, 7/15. “The best things in life are old, rescued & loved”.

MEN’S CLUB LONG ISLAND DUCKS BASEBALL GAME: Monday, 7/22 @ 5:00pm. What is better than a summer ball game on a beautiful summer night? Meet at the Rec Center @ 5pm. Men’s Club members only.

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