

**MEMBER SPOTLIGHT PROGRAM:** Learn fun and interesting facts about one another. Each month members will be “spotlighted” by having their bios posted on the bulletin board. See Alliah, Social Work Intern, if you would like to participate

**CANASTA FREE PLAY:** Tuesdays @ 1:00pm. Sit in on Canasta Free Play at any time. You will be taught the game as you watch & play.

During the month of March, the Senior Concerns Committee will be collecting ***Travel Size*** personal care items that will be donated to the INN. A list of needed items will be posted on the bulletin board.

### **LECTURES**

**Tuesday 3/3 @ 11:00am:** “Colon Cancer Awareness”. Presented by Andrea Zimmerman, MD, Northwell Health. Learn the signs, symptoms, screenings & treatments.

**Tuesday, 3/10 @ 11:00am:** “Seniors and Scams”. Presented by Nassau County Clerk Maureen O’Connell, RN, JD.

**Tuesday, 3/24 @ 11:00am:** Meet volunteers from the RVC Lions Club and learn about the wonderful work they do in our Village.

**Tuesday, 3/31 @ 11:00am:** “Power up with Breakfast”. Mom always told you it’s the most important meal of the day. Learn why. Presented by a nutritionist from Cornell Cooperative Extension.

### **COMING IN APRIL**

**CHOCOLATE WORKS:** Wednesday, 4/1 @ 1:00pm. Dip a variety of sweet treats into a flowing fountain of chocolate while sipping a glass of wine. Create your own chocolate pretzel pie to take home to enjoy. Limit 20. \$15.00pp. Sign-up begins Monday, 3/2.

**FLEA MARKET:** Friday, 4/3 from 10:00am-3:00pm. Shop, volunteer 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, 3/30.

**INTERGENERATIONAL SHARING CONFERENCE:** Tuesday, 4/7. Spend the day at South Side High School. A wonderful show will be performed and members can enjoy the company of a high school student and be served a delicious lunch. There is a \$5.00 non-refundable fee which goes to the Scholarship Fund. Limit 50. Sign-up begins Monday, 3/9.

**BRUNCH & A MOVIE AT SANDEL:** Friday, 4/10 @ 11:00am. “A Beautiful Day in the Neighborhood”. Tom Hanks portrays Mister Rogers in a timely story of kindness triumphing over cynicism. \$5.00pp. Sign-up begins Monday, 3/16.

### **SAVE THE DATE**

**MONTE CARLO CASINO NIGHT:** Friday, 5/1 @ 7:00pm.

**AMAZING 90’s:** Friday, 5/15. The Senior Center is planning a special event to honor all members age 90 and above. .

**ALL SHOOK UP AT THE MADISON THEATRE:** Friday, 5/29 @ 11:00am.

**EXPLORE THE FINGER LAKES:** October 6<sup>th</sup>-8<sup>th</sup>. Experience one of the most beautiful regions of New York State. See the flyer for details. Sign-up with Laura or Tami with your \$200 deposit.

# **SANDEL SENIOR CENTER CALENDAR OF EVENTS**

## **MARCH 2020**

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

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.

**CALLIGRAPHY WORKSHOP:** Tuesdays 3/17, 3/24, 3/31 @& 4/14 @ 1:00pm. Join Alliah to learn an easy and fun way to do calligraphy. Limit 8. \$5.00pp for materials. Sign-up Monday, 3/2.

**THE RAT PACK:** Friday, 3/6 @ 1:00pm. Sandel hosts a tribute show to Frank Sinatra, Sammy Davis, Jr. and Dean Martin. Sponsored by The Bristol and Lynbrook Restorative Therapy & Nursing.

**IRISH CELEBRATION @ ROCKVILLE SKILLED NURSING:** Wednesday, 3/11. Enjoy Irish music, step dancing and lunch with friends. There is no charge, but you must sign-up in advance.

**ST. PATRICK’S DAY PARTY:** Friday, 3/13 @ 12 noon. Enjoy a traditional Irish lunch of corned beef and cabbage, potatoes and homemade Irish soda bread before dancing to Irish & American music by Tommy Sullivan. \$5.00pp. \$7.00 charged day of event.

**BIRTHDAY BRUNCH:** Friday, 3/20 @ 12 noon. Celebrate our March member birthdays; and help Esther Alatsitis celebrate her 100<sup>th</sup> birthday. \$4.00pp. (\$5.00 charged day of event).

**BOOK CLUB:** Wednesday 3/25 @ 2:00pm. Ellen Berman of the RVC Library leads a discussion of “All by Myself, Alone” by Mary Higgins Clark. Books are available at the front desk.

### **EXPLORING LONG ISLAND 101:**

Each month in 2020 we will be learning the rich history of several different towns on Long Island. We will visit places of interest and dine in historic and interesting places. Sign up for \$5.00 to receive your notebook. You must join “Exploring Long Island 101” to participate in these events.

**Explore Historic Garden City:** Wednesday, 3/25. Begin this tour of beautiful Garden City at an 1872 A.T. Stewart era Victorian structure which houses a museum. Then explore Long Island’s rich heritage of aviation at the Cradle of Aviation Museum . \$26.00pp. A bag lunch will be provided. Sign-up begins Monday, 3/2.

**MAYOR’S LUNCHEON:** Friday, 3/27 @ 12 noon. A cherished Sandel tradition, Mayor Murray and his Department Heads will be your wait staff, serving a delicious lunch. \$5.00pp. (\$7.00 charged day of event). Sign-up begins Monday, 3/2.

### **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.