**Book Club, Wednesday, 7/26, 2pm:** This month’s selection is *The Thursday Murder Club* by Richard Osman. *The Thursday Murder Club* follows a group of four, seventy-something residents of a retirement community who come together each week to discuss old murder cases. New members are always welcome. Books can be borrowed at the Sandel office.

**General Meeting, Friday, 7/28, 11am:** Attendance at the General Meeting is your best way to learn everything happening in the coming months. The Executive Board presides over the meeting. Chairpersons describe committee activities. Staff offers reports.

**LCR Tournament, Friday, 7/28, 1pm:** Bring three $1 bills and try your luck! LCR is a fun and fast paced game that is easy to learn. Players roll the dice to determine where they will pass their $1 bills. Take your chance at winning the grand prize!

**The Sandel Center will be closing early on Monday, July 3rd and will be**

**closed on Tuesday, July 4th in observance of Independence Day.**

**Looking Ahead**

**Decorate Your Own Cowboy Hat, Tuesday, 8/1:** Get ready for our Square Dance and Denim and Diamonds Parties by decorating your own cowboy hat to wear to the two country events coming in August. $5 includes a new cowboy hat and an hour of fun with your friends adding pom poms, rhinestones, beads, and glitter to bedazzle your own masterpiece. Sign up at the front desk.

**SPA Wednesday, Sip and Floral, Wednesday, 8/2, 1pm:** Make a beautiful summer fun floral arrangement to take home with Art Flowers. Dessert and Prosecco will be served. $5pp. Please sign up at the front desk.

**Square Dance, Friday, 8/4, 12pm:** Dust off your cowboy boots and come out for a boot stompin’ good time. Come learn how to Do Si Do, Allemande, and Promenade with your partner from a professional square dance caller. This event is completely FREE thanks to the overwhelming generosity of Jean Mersand. Fried chicken and salads will be served followed by a delicious lemon cake for dessert. Sign up at the front desk starting on 7/10.

**SPA Wednesday, Trip to Salt Shack, Wednesday, 8/9:** Sun and lunch on the beach. Enjoy lunch at Salt Shack in Babylon. Pay on your own. Additional transportation fee of $2pp. Make a reservation at the front desk.

**SPA Wednesday, Amazon Fashion Show, Wednesday, 8/16:** The SPA Committee will be strutting their stuff with fashion from Amazon featuring the latest Fall looks. Following the show there will be a visit from the Mr. Softee Ice Cream truck.

**Denim and Diamonds Party, Friday, 8/18, 12pm:** Denim and diamonds are an awesome blend of bling and comfy casual. Enjoy entertainment by Lamar Peters singing your favorite country music hits. Wear your cowboy hats, denim, and bling.

**Fitness at Sandel**

A variety of fitness classes each morning designed to improve muscular strength, flexibility, endurance and balance. A chair support is offered in all classes to safely perform a variety of seated and standing positions for range of motion. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.

**SANDEL CENTER CALENDAR OF EVENTS**

**July 2023**

*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.*

**SPA 2023**

“Senior People in Action” is a great way to set some new fitness and wellness goals. Registration is $10 per person. Wear your new SPA t-shirt every Wednesday which is included with registration. A multitude of activities will take place throughout the summer such as guest speakers, group exercise, lunches, and visits to the beach. SPA Brochures are available at the front desk.

**SPA Wednesday, Who Knows Who Best Game, Wednesday, 7/5, 1pm:** Sign up as a couple to participate. Sisters, friends, or someone you think you know can compete. Included with SPA membership fee.

**Summer BBQ hosted by the Men’s Club, Friday, 7/7, 12:15pm:** Celebrate Summer with a good

old-fashioned BBQ. Enjoy hamburgers, hot dogs, and salads. Entertainment by The Long Island Banjo Society. $10pp in advance, $12pp day of. No refunds.

**SPA Wednesday, Guest Speaker, Reminiscence Program, Wednesday, 7/12, 1pm:** Michele Wachter, Community Liaison, from Lynbrook Restorative Therapy and Nursing will be holding a session to reminisce about fond memories with family and friends. Included with your SPA membership fee.

**Birthday Brunch, Friday, 7/14, 12:15pm:** Zucchini pie will be served. Music and cake donated by Marie Murphy, John Kirkwood & Sheila Shear. $6pp in advance. $8pp day of.

**SPA Wednesday, Trip to The Point Lookout Clam Bar, Wednesday 7/19, Leave Sandel at 11:30am, Leave Rec Center at 11:45am:** Dine at The Point Lookout Clam Bar overlooking the water followed by Skipperdee’s Ice Cream Shop for a sweet treat. Pay on your own. Additional transportation fee of $2pp. Make a reservation at the front desk.

**Trip to Jakes 58, Monday, 7/24, leave Sandel at 10:45, leave Rec Center at 11:** Are you feeling lucky? Board the Sandel bus to this exciting and fun Long Island Casino. Jakes 58 features 1000 gaming machines with favorites like Blackjack, Craps, Roulette, and Three Card Poker. Lunch on your own. $5 transportation fee. Sign up now. Limit 15.

**Sandel Around the World, Tuesday, 7/25:** Travel all around the world without ever leaving the neighborhood. In July travel to the good ole’ USA. Armchair trip to USA at 11:45am (included with your passport fee). Leave Sandel for lunch at 12:30pm to Swing Belly’s (Additional fee of $34pp). Sign up for lunch by 7/18. Remember to bring your passport to have it stamped.

**SPA Wednesday, Trip to Lido Beach, Wednesday, 7/26, Leave Sandel at 11:30, Leave Rec Center at 11:45:** Enjoy a great day listening to music under the tent. Bring your own lunch or buy there. Don’t forget your money for Marvel ice cream on the way home. Additional transportation fee of $2pp. Make a reservation at the front desk.

**Sandel Center 678-9245 Transportation 766-1266 Social Work 536-1162**