**General Meeting, Friday, 3/24, 11am:** Attendance at the General Meeting is your best way to learn everything happening in the month of March. The Executive Board presides over the meeting. Chairpersons describe committee activities. Staff offers reports.

**Left-Right-Center Tournament, Friday, 3/24, 1pm:** Bring three $1 bills and try your luck! LRC 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!

**Sandel Around the World:** Travel all around the world without ever leaving the neighborhood. The March trip will be to Ireland. Remember to bring your passport to have it stamped!

11:45 Armchair Trip to Ireland (Included with your $5 passport fee)

12:30 Leave Sandel for Lunch at Monaghan’s, Tuesday, 3/14, 12:30pm (Additional fee of $30pp)

**Guest Speaker, Dr. Michael T. Caton, Neurologist, Mt Sinai South Nassau, Wednesday, 3/29, 1pm:** Dr. Michael T. Caton will be presenting on neuroscience conditions that affect the central nervous system and advanced treatment options. Dr. Caton is an Assistant Professor of Neurosurgery at the Mount Sinai South Nassau Hospital and specializes in treatment of vascular disorders of the brain, neck, and spine.

**American Sign Language:** Back by popular demand! Learn over four weeks as Sandel’s social work intern, Kristi, teaches the alphabet and how to communicate basic information in American Sign Language. Limit 20. Sign up at the front desk. Class takes place the following Mondays: 3/6, 3/20, 3/27, and 4/3 at 1:45pm.

**Book Club, Wednesday, 3/29, 2pm:** This month’s selection is *The Gown* by Jennifer Robson. From the internationally best-selling author of *Somewhere in France* comes an enthralling historical novel about one of the most famous dresses of the twentieth century, Queen Elizabeth’s wedding gown and the fascinating women who made it. New members are always welcome. Books can be borrowed at the Sandel office.

**FOSSI Fundraiser – Beatles Tribute Show, Friday, 3/31 at 7pm:** Join us for FOSSI’s fundraising event, “Get Back NY, The Beatles Tribute Show”. There will be great music, light bites, wine & beer, raffles, prizes, and more. Celebrate this year’s honoree, Kathy Baxley, RVC Deputy Mayor and Liaison to the RVC Senior Services. Tickets are $75 pp and can be purchased in the Sandel office. Please make checks payable to FOSSI. Sponsorship opportunities are also available. For more information on this event visit the front desk or go to www.fossirvc.com.

**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 Kristi, the social work intern, if you would like to participate.

**Looking Ahead**

**Movie, *A Man Called Otto*, Friday, 4/7, 11am:** *A Man Called Otto* is a 2022 comedy-drama film directed by Marc Forster from a screenplay by David Magee. The film stars Tom Hanks in the title role, with Mariana Treviño, Rachel Keller, and Manuel Garcia-Rulfo.

**Guest Speaker, Heart Health through Nutrition, Wednesday, 4/12, Lunch 12pm, Lecture 1pm:** Presentation on heart health through nutrition by Alaina Hoschke, dietician/nutritionist from The Bristal.

**Birthday Brunch, Friday, 4/14, 12:15pm:** Celebrate April birthdays at Sandel. Enjoy music by Jim Papa from 1-3pm thanks to the generosity of Barbara Bohan and Sheila McCann.

**Supper Club, Wednesday, 4/19, 4-7pm:** Enjoy a delicious meal at our Supper Club. We will start with a small charcuterie board for appetizer. The main course will be lemon chicken, string beans and rice followed by a delicious dessert. Musical entertainment by Tommy Sullivan. Bring your own beverages. $15pp.

**Save the Date! Friday, 5/5:** Cinco De Mayo Fiesta.

**SANDEL CENTER CALENDAR OF EVENTS**

**March 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.*

**Guest Speaker, SFC Edwin Matteo, Citizen Preparedness Corps, Wednesday, 3/1, 1pm:** The Citizen Preparedness Corps gives residents the knowledge and tools to prepare for emergencies, how to respond accordingly, and recover as quickly as possible to pre-disaster conditions. Participants will receive a training certificate and a wallet-sized “Z-Card” with emergency preparedness information.

**Social Work Open House, Wednesday, 3/8, 10-1pm:** March is Social Work Month. Sherri and Kristi will be hosting a social work open house. Stop by the social work office and learn about the social work profession and in particular the services provided to Sandel members and seniors in Rockville Centre. Refreshments will be served.

**Artist Reception, Wednesday, 3/8, 1pm:** The artwork of artist, Mimma Hristakis has been on display at Sandel for the months of February and March. This reception will be held to meet with the artist and hear about her work.

**Birthday Brunch, Friday, 3/10, 12:15pm:** Spend the afternoon celebrating the March birthdays. Enjoy bacon & eggs with a croissant followed by a delicious cake for dessert. Musical entertainment by Rob and Patty Meade generously donated by Sandy Mesibov. $6pp in advance. $8pp day of.

**St. Patrick’s Day Party, Friday, 3/17, 12:15pm:** Enjoy a traditional meal of corned beef and cabbage before dancing to Irish and American music by Timothy Quinn. The music is sponsored by a generous donation from an anonymous donor. $10pp. Sign up by 3/10.

**Mayor & Mrs. Murray’s Renewal of Vows, 3/17, 5pm, St Agnes Cathedral:** Best Wishes to the loving couple. Mayor Murray and his beautiful wife, Barbara will be renewing their vows at St. Agnes Cathedral in honor of their 50th Wedding Anniversary. He has invited all Sandel members to share this special moment with him. Limited transportation is available. Inquire in the Sandel office for further information.

**Guest Speaker, Nutritionist, Cornell Cooperative Extension, Wednesday, 3/22, 1pm:** A nutritionist will discuss nutrients and supplements and how they affect general health.

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