***Mahjongg Lessons:*** *Back by popular demand! 8 Thursdays beginning 9/22 1:00pm. Whether you are a beginner, or just want to brush up old skills, this is the class for you! Registration required by 9/15. Sandel members free, non members $40.*

***Pizza Lunch:*** *Friday 9/23, 12:15pm. $6pp includes 2 slices and a beverage. Sign up by 9/21. (Before Bingo)*

**Bingo:** Friday9/23, 1:00pm. Enjoy laughter and a great time at one of Sandel’s favorite events. $5.00 paid at the door.

**Book Club:**  Wednesday 9/28, 2:00pm. This month’s selection “The Authenticity Project” by Clare Pooley is story about a notebook that brings together 6 strangers who form unexpected friendships. New members are always welcome. Books may be borrowed from the Sandel office.

**General Meeting:** Friday 9/30, 11:00am.Attendance is your best way to learn everything happening in the month of September. The Executive Board presides, chairpersons describe committee activities and staff offers reports. Followed by Anniversary Celebration.

**Sandel Center Anniversary Celebration:** Friday, 9/30, 12:15pm. 46 years ago a senior citizen “drop in” center was established on the site of an old gas station. Today Sandel is a thriving center with hundreds of members and an award winning program. Celebrate this special anniversary with a delicious catered meal by Pastosa. Musical entertainment by Sandel’s favorite Tommy Sullivan. Reservations required. Sign up begins 9/6, $12pp ($14 day of event).

**Looking Ahead**

**October Fest:** Friday 10/14, 12:15pm.

**Cradle of Aviation:** Tuesday 10/25, 11:00am.

**Supper Club Fall Event:** Wednesday10/264pm to 7pm. Fall is in the air! A delicious meal of roast pork, oven roasted broccoli, tri-color mini potatoes with all the fixings. Once again, the Mayor’s Youth Task Force will serve, and the musical entertainment is provided by John Weber. Bring your own beverages. $15pp. Advance sign up required by 10/21.

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

**SANDEL CENTER CALENDAR OF EVENTS**

**September 2022**

*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,** Sandel’s award winning summer health and wellness program continues into September with a beautiful stroll down the Long Beach Board Walk and a season ending SPAtacular.

9/7 **Long Beach Boardwalk.** (Sign up at front desk)

* Take a morning walk or sit on a bench at the boardwalk.
* Bring your lunch and stop off at Marvel for dessert.
* Leave Rec at 10am, Leave Sandel at 10:15.

9/16 **SPA-TACULAR.** (Sign up at front desk)

* Dining and dancing 12-3:30pm
* Music by Mark Danti.
* Make your own Sundae Bar for dessert.

**Birthday Brunch:** Friday 9/9, 12:15pm. Celebrate September birthdays with French toast, bacon, and a delicious cake. Popular musician Timothy Quinn will entertain, courtesy of Nancy Molisse and Jean Glaser. $6pp Sign up now.

**Take out Lunch on Wednesdays:** The Meal Planning Committee is back in action now that SPA Wednesdays have ended. Call or sign up the Monday before if you would like to participate. $6pp (paid day of)

9/21 Fried Flounder & French Fries from Captain Mikes.

9/28 Italian Hero & Salad from Park Ave. Deli.

**Mini-Golf Trip:** Wednesday, 9/14, 12:00pm. Enjoy a round of golf at the Spring Rock Golf Center in New Hyde Park. $10pp. Following play, there will be a stop for ice cream at your own cost. Sign up now.

**Member Led Artist Reception** Wednesday, 9/21, 1:00pm. Are you artistic? Share your talent! Members are encouraged to bring in a personal piece of artwork for display. To participate please speak to Tami or Kristine.

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