

JANUARY 2017 LOOKING AHEAD (Amended)

Quibble & Nibble Lunch Program

Fee: \$3.50 Members

Monday through Friday, 12:00 p.m.

Non Members s \$7.00

Rye Brook Senior Center members enjoy a nutritious and delicious hot meal at the Anthony J. Posillipo Community Center where ½ of the meal cost is paid for by the Village! Each meal includes entree, starch, vegetable or salad, dessert, water, milk, coffee/ tea and companionship. Call for menu and to reserve a lunch by Friday for the following week! Food is provided by Hubbards Cupboard!

Senior Dial-A-Ride Transportation

Reliable door-to-door transportation is available to and from most club functions and to local medical appointments, grocery shopping and errands for FREE for Seniors **who are no longer driving or are in need of assistance** as per the following schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center round trip pick up begins at 8:30 AM for those wishing to come to the Center. Bus departs AJP at 12:45 p.m. to take residents home.	Senior Center round trip (2 pick-up times) 8:30 AM for those who exercise 9:45 a.m. for all others 10:00 a.m. Local Shopping & Errands. 11:00 a.m. to 1:00 pm Medical Appt's. Bus departs AJP: Early Bus - 1:15 p.m. Last Bus - 2:30 p.m.	Senior Center for Outings only. To inquire about a pick up time, call the office and speak with Angie. If we are taking a school or coach bus, you must find your own transportation to the Center.	Senior Center round trip (2 pickup times) 8:30 AM for those who exercise 9:45 a.m. for all others 10:00 a.m. Local Shopping & Errands. 11:00 a.m. to 1:00 pm Medical Appt's. Bus departs AJP : Early Bus - 1:15 p.m. Last Bus - 2:30 p.m.:30 p.m.	Transportation ONLY ON THE FIRST FRIDAY OF EACH MONTH Center pick up begins at 9:00 a.m. Medical Appointments between 11am - 1pm Bus departs AJP: 12:45 for home.

Please register for a ride by calling 939-7904 at least 24 hours in advance and we will do our best to accommodate you on a first come, first served basis.

HEALTH & FITNESS FOR THE MIND, BODY & SOUL

Blood Pressure Screening – 3rd Tuesday 9:30 to 10:30

FREE

This program is sponsored by Greenwich Hospital and offered monthly at the Anthony J. Posillipo Community Center. Call 939-7904 for more information.

TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program sponsored by the Rye YMCA

FREE

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension. Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education. Beginning the week of December 4th, Counselors will be onsite on Mondays from 1 – 3pm and Thursdays from 9 to 11am every week. In addition, we will hold a FREE Nutrition Session on the 4th Thursday of each month from 11am to 12pm. Please see the calendar for the schedule and take advantage of this FREE program.

General Fitness/Strength Training

MEMBERS FREE

Date: Tuesdays & Thursdays Time: 9:00 am

Inquire in the office about our New Non Member Fee Structure

Treat your body to an aerobic workout concentrating on building muscle mass and stronger bones. Includes chair exercises

Yoga

Date: Fridays Time: 10:30 a.m. Session 3 – (1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17 & 2/24)

Members \$24.00 or \$5 Drop In

Non Members \$35.00 or \$8 Drop In

Join Instructor Pat Gleason on an exploration in the practice of Yoga. You will see an increase in flexibility, body strengthening and may even counteract insomnia. Learn breathing techniques that will help to put you into a state of well-being in body and mind. Must reserve – space is limited!

Tai Chi

Date: Mondays Time: 1:00 p.m.

Session 3 – (1/9, 1/23, 1/30, 2/6, 2/13 & 2/27)

Members \$18 or \$5 Drop In

Non Members \$35.00 or \$8 Drop In Fee

Please try to sign up per session and pay in full. This will ensure that we have a full class and an appropriate number of people are participating. Instructor Domingo Colon will teach the art of Tai Chi which involves slow, relaxed, graceful movements, each flowing into the next. The body is in constant motion, and posture is important. Tai Chi will also help improve your balance as well as have a calming effect on your mind. Please bring a balance stick and wear comfortable clothing.

INSTRUCTION & MORE

Painting Instruction

MEMBERS FREE

Tuesdays 10:00am – 12:00 pm

INQUIRE IN THE OFFICE ABOUT OUR NEW NON MEMBER RATE

Taught by Kathleen Pasquale, this course is designed for the beginner as well as accomplished painters to perfect your skills or learn from step one in a class that offers individual instruction in a group setting by an experienced artist who has been teaching for over 15 years.

Apple Computer Instruction w/Ellen Elmaleh

3rd Thursdays

10:30a.m.

FREE

Bring your Apple Computer, iPad, iPhone or iPod and learn how to maximize its use from Ellen Elmaleh who generously volunteers her time so that our Rye Brook Seniors can master their Apple Product!

Mah Jong for All Levels

Mondays & Fridays 10 AM to 12 PM

Join Rye Brook resident Anita Penchina and either learn to play this age old game, or be paired with some fellow players and learn to perfect your skill.

SPECIAL EVENTS & OUTINGS

Wednesday, January 4, 2017

Fee: \$15

New Year's Celebration @ 11:30 AM

Non Members: \$18

Join us as we ring in 2017 with a delicious lunch (Choice of Flank Steak and Chicken Francese – MUST SPECIFY YOUR MENU CHOICE WHEN YOU SIGN UP., special dessert, a champagne toast!

Wednesday, January 11, 2017

Greenburgh Multiplex Movie Theatre

Non Members: \$4

Enjoy an afternoon movie and lunch on your own. Bus departs AJP at 11:15 a.m.

Wednesday, January 18, 2017

Trattoria 632

Fee: \$25

Enjoy a delicious lunch at one of Anderson Hill Road's newer upscale restaurants! Menu will be posted at the Center. Must reserve and pay by Friday, January 9th. Please let us know if you need transportation or driving on your own. Bus departs 11:45 a.m.

Tuesday, January 24, 2016

Trivia Tuesdays w/Liz

2 to 3 PM

FREE!

Join us from 2-3 PM for a Happy Hour, Fun Trivia and a Prize for the Winner!

Wednesday, January 25, 2017

Empire City Casino

Fee: \$2.00

Non Members: \$4.00

Join your friends for a day at the Casino, lunch on your own. Bus departs AJP at 9:30 a.m. and Yonkers at 3:15 pm. 20 person limit. Sign up is now!

Wednesday, January 25, 2017

Paint Nite & Pizza Party (BYOB)

Must arrive on time!!!

Fee: 20.00

We blend artistic painting, fun, friendship, food and drink while creating a beautiful piece of artwork step-by-step. **Dinner @ 5pm- Painting begins @ 5:30 PM** (pizza, salad and soft drinks will be provided, feel free to bring a bottle of wine), followed by painting instruction which will conclude at 7:30. You don't have to be an expert painter, Kathy will teach you what you need to know. This event is open for people of all ages. Space is limited so sign up today. (Dress appropriately as we are working with PAINT!)

Thursday, January 26, 2016

Chinese New Year Party

Fee: \$3.50

Non Members \$7.00

Enjoy a delicious Chinese inspired lunch and special dessert. Sign up is now!

Wednesday, February 1, 2017

Stew Leonards, Norwalk

Fee: \$2.00

Non Member: \$4.00

Join us on a trip to the king of all grocery stores with a stop for lunch on the way home! Sign up is now. Bus departs AJP at 9:30 a.m.

Wednesday, February 8, 2017

Buddha

Fee: \$28

Enjoy lunch Hibachi style at a nearby Rye Brook restaurant. Lunch includes soup, salad, Choice of Chicken, Steak or Shrimp Hibachi, White Rice & noodles, Veggies, Dessert and Soda. Bus departs AJP at 11:45 a.m.

Tuesday, February 14, 2017

Valentine's Day Luncheon

Fee: \$3.50

Non Members \$7.00

Enjoy a delicious lunch, musical entertainment and Valentine's Day themed dessert. Dance to the sounds of DJ Anthony Radice from 11:30 to 1:30 p.m. Sign up is now!

Wednesday, February 15, 2017

Greenburgh Multiplex Movie Theatre

Fee: \$2.00

Non Members: \$4

Enjoy an afternoon movie and lunch on your own. Bus departs AJP at 11:15 a.m.

Wednesday, February 22, 2017

Danbury Mall/Christmas Tree Shop

Fee: \$2.00

Non Members \$4

Enjoy a day out shopping with friends. Lunch on your own. Bus departs AJP at 10:00 a.m. Sign up is now!

Tuesday, February 28, 2017

Mardi Gras Celebration

Fee: \$3.50

Non Members \$7.00

Enjoy a delicious Cajun inspired lunch and special dessert. Sign up is now!

Wednesday, March 15, 2017

Fee: \$56.00

Westchester Broadway Theatre Presents "The Bikinis"

Non Members: \$58.00

A New Musical Beach Party! Back together again! The sixties girl group that everyone loves is bringing back the sun, fun and all the great songs they sang on the boardwalk at the Jersey Shore...all to raise money to save Sandy Shores Mobile Home Beach Resort. These Jersey Girls relive their heyday in a non-stop celebration of song with over 30 hits like "It's In His Kiss," "Yellow Polka Dot Bikini," "The Twist," "Heat Wave," and "Ain't No Mountain High Enough." The Bikinis are irresistible! Don't miss this exciting musical, accompanied by a yummy meal! Sign up is now. Bus departs 11:00 a.m. Sharp!

Thursday, March 16, 2017

Fee: \$3.50

St. Patrick's Day Party & Lunch

Non-Resident \$7.00

Enjoy traditional Corned Beef & Cabbage, Boiled Potatoes, Irish Soda Bread, special dessert!

Dress in GREEN! Erin Go Braugh! Sign up is now!

Wednesday, March 29, 2017

Fee: \$2.00

Empire City Casino

Non Members: \$4.00

Join your friends for a day at the Casino, lunch on your own. Bus departs AJP at 9:30 a.m. and Yonkers at 3:15 pm. 20 person limit. Sign up is now!

Wednesday, April 17, 2017

Fee: \$56.00

Westchester Broadway Theatre Presents "Mamma Mia!"

Non Members: \$58.00

Based on the songs of the Swedish pop group ABBA, *Mamma Mia*, is set on the Greek island of Kalokairi. A 20 year old woman named Sophie wants to have a traditional wedding and hopes her father will walk her down the aisle, but there's one problem: she has no idea who her father is! With help from her mother's journal, she narrows the possibilities down to three men, and hilarity ensues as they all claim her as their child! Featuring all the hits you know and love, like "Dancing Queen", "Thank You for the Music", and, of course, "Mamma Mia!", This show will have you singing and dancing in the aisles, accompanied by a yummy meal! Sign up is now. Bus departs 11:00 a.m. Sharp!

ST. PETER'S SOUP KITCHEN – INTERGENERATIONAL MEAL PREPARATION

We are hosting the soup kitchen on the following dates: 1/8, 2/12, 3/12, 4/9, 5/14 & 6/11

There are many ways to get involved. Please sign up!

1. Make a monetary donation toward our cause so we can purchase Soup, Salad, Veggies, Potatoes or Rice, Chicken and Dessert.
2. Join us from 10:00 a.m. to 1:00 p.m. at the AJP Community Center as we prep our meal.
3. Join us from 2:00 p.m. to 4:00 at St. Peters Church as we organize and then serve the meals.