



March 2020

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Aerobics with Terri 10:00 Let's Play Cards in the main hall 10:05 Yoga with Michelle 11:00 American Sign Language 11:05 Stretch & Balance with Judi 1:00 Mah Jongg	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga with Mary Lou 12:45 Tai Chi Work Out w/Spencer G.	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 10:00 *Dance-A-Chair w/Carol (*Funded by NCOFA) 10:15 Strength Training with Judi 11:15 Chair Yoga w/Mary Lou 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet with Terri 11:00 Yoga with Michelle 1:00 Mah Jongg 1:15 Ballroom Dancing with Vladimir on 3-6-20 & 3-27-20
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
10:30 Activity Hour with Olivia 11:00 Friendly Visit Meeting 12:45 Creative Writing with Katherine 1:30 Friendly Visit to Excel at Woodbury	10:00 Water Colour Studio in conference room 1:00 Super Bingo 1:00 Self Reflection Meditation with Andrew	10:30 Women of the Ages 11:00 Go Ask Alice Computer Help (schedule your 30 minutes session in the program office) 12:45 Bus takes members to Stop & Shop 12:45 Water Colour Painting Class	1:00 Meditation with Andrew 1:00 Craft Group with Sue & Margie 2:00 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano music by Joan w/sing along 1:00 Table Bingo 1:00 Ballroom Dancing with Vladimir
9	10	11	12	13
10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 5:00 Caregiver's Discussion Group w/Ruth	10:00 Water Colour Studio in conference room 11:15 Financial Literacy for Seniors with Nassau Financial Federal Credit Union 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	10:30 Women of the Ages 11:15 Brunch is served -No Lunch Today 12:45 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group 1:00 Help set	10:00 S.A.C. Meeting 11:00 Grumpy Old Men's Group 11:30 St. Patrick's Celebration with Lunch Who's wearing the most green contest plus Special Entertainment & Dancing 1:00 Meditation with Andrew	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano music by Joan w/sing along 1:00 Table Bingo
16	17	18	19	20
10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 1:00 Spruce Up the Center for Spring	10:00 Water Colour Studio in conference room 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew 6:30 Open Mic Night with Barbara & Ken until 9pm - Irish Sing Along and Irish Soda Bread with refreshments for St. Patrick's Day	10:30 Women of the Ages 12:00 Vegetarian Lunch Day 12:45 Bus takes members to Stop & Shop	11:15 Colon Cancer Awareness with Dr. Leena Sayedy 1:00 Meditation with Andrew 1:00 Craft Group with Sue & Margie	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano Music by Joan w/sing along 1:00 Table Bingo
23	24	25	26	27
10:00 Hospitality Meeting 10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 1:30 Friendly Visit to Emerge 5:00 Caregiver's Discussion Group w/Ruth	10:00 Water Colour Studio in conference room 11:15 Touching Hearts at Home with Karen 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	10:00 Bus leaves for trip to Cradle of Aviation 11:45 Virtual Trip to Israel with Fun Facts & Information followed by Traditional Israeli Lunch 12:45 Bus takes members to Stop & Shop 12:45 Beginner Water Colour Painting Class	11:00 Grumpy Old Men's Group 11:15 Power Up with Breakfast with Nicole from Cornell Cooperative Extension (*Funded by NCOFA) 1:00 Meditation with Andrew	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano Music by Joan 12:45 BirthDay Day Celebration 1:00 Table Bingo 1:00 Ballroom Dancing with Vladimir
30	31			
10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 12:45 Baking Demo with Mary - Hot Cross Buns	10:00 Water Colour Studio in conference room 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	Committee Meeting Schedule 03-02 Friendly Visiting Meeting at 11:00am 03-05 Activities Meeting at 2:00pm 03-12 SAC Meeting at 10am 03-23 Hospitality Meeting at 10:00am		Caregiver's Support Group with Ruth from 5:00pm-6:30pm on Monday 03-09-20 & 03-23-20 <hr/> Daytime Caregivers Support Group with Dawn from 1:00pm-2:00pm on Wednesday 03-11-20
Attention All Book Worms Adele will be back on Wednesday 4-01-20 for the Book Club to discuss "The Great Alone" by Kristen Hannah at 12:45pm				



March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Rigatoni with Bolognese sauce, Italian blend veggies, juice, roll and dessert or Tuna salad on wheat	3 Caesar Salad with Chicken & croutons, Split Pea soup, juice and dessert or Egg salad on wheat	4 Grilled Cheese on wheat bread, Tomato soup, juice and dessert or Tuna salad on wheat	5 Chicken Pot Pie with potatoes and vegetables, broccoli, juice, crackers and dessert or Turkey on wheat	6 Breaded Fish Fillet with tartar sauce, wild rice blend, peas & carrots, juice, corn bread and dessert or Chicken salad on wheat
9 Spaghetti and Meatballs w/Pomodoro sauce, tossed salad, juice, garlic bread dessert or Tuna salad on wheat	10 BBQ Chicken, sweet potato fries, mixed vegetables, biscuit and dessert or Egg salad on wheat	11 Brunch at 11am Potatoes & Eggs with onions, field green salad w/walnuts & cranberries, orange juice, English muffin and yogurt No lunch today	12 St. Patrick's Day Celebration Corned Beef & Cabbage with carrots, boiled potatoes, Irish soda bread roll and Irish Bread Pudding No cold lunch today	13 Personal Pizza, Seafood Chowder, juice and dessert or Egg salad on wheat
16 Lasagna Roll Up with Pomodoro sauce, Italian blend veggies, juice, Italian bread and dessert or Tuna salad on wheat	17 Breaded Chicken Cutlet with fruit chutney, Asian slaw, peas & onions, wheat bread and dessert or Egg salad on wheat	18 Vegetarian Lunch Zucchini Cakes with horse radish sauce, Lentil soup, roasted beet salad, roll and dessert or Turkey on wheat	19 Turkey Chili over brown rice, tossed salad with chic peas, juice, crackers and dessert or Egg salad on wheat	20 Crab Cake with dill sauce, baked French fries, string beans, wheat bread and dessert or Turkey on wheat
23 Cheese Ravioli with Pomodoro sauce, tossed salad, juice, Italian bread and dessert or Tuna salad on wheat	24 Roast Pork Mei Fun with noodles, Asian style vegetables, juice and dessert or Egg salad on wheat	25 Virtual Trip to Israel Chicken Shwarma with hummus tahini in pita bread, Israeli salad, baked French fries and Rugulach for dessert No cold lunch today	26 Chicken Quesadilla on flour tortilla w/ salsa & sour cream, rice and beans, spinach, juice and dessert or Egg salad on wheat	27 Birthday Day Turkey Meatloaf with gravy, mashed potatoes, peas & carrots, wheat bread and birthday cake for dessert or Tuna salad on wheat
30 Hamburger on bun with cheese, lettuce, tomato & pickle, baked beans, coleslaw and dessert or Egg salad on wheat	31 Chicken Cacciatore with brown rice, spinach, juice, roll and dessert or Chicken salad on wheat	Make your reservations by 2pm the day before	Select either a Hot or Cold entrée when making your reservations	Lunch reservations are necessary for our kitchen staff prepares enough lunches

PLEASE NOTE: Menu is subject to change without notice and cannot be customized to order.
RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!
No person will be denied a service because of inability to contribute.

New Health Series Coming This Spring

3-Ways To Change Your Health Positively
with Maria Dello

- Thursday 4-30-20 #1 - Should We Take Vitamins - With so many vitamins to choose from, how does one know what to take?
- Thursday 5-28-20 #2 - When We Think of Health - Three important factors: food, mind set and environment.
- Thursday 6-25-20 #3 - Make The Day Yours - How you can change your body and improve your memory.

All lectures are from 12:45pm until 1:45pm
with time at the end for questions and answers

(Please sign up for this Series in the Program Office)

Brain Games Questions:

- Q.1 - What 's Columbo's first name?
- Q.2 - What state full of milk and honey was the destination in *The Grapes of Wrath*?
- Q.3 - What was lost and regained by poet John Milton?
- Q.4 - What date was Black Tuesday?
- Q.5 - How many pounds are there in a kilogram?
- Q.6 - What food did Marco Polo introduce into Italy from the court of Kubla Khan?
- Q.7 - Who invented the bifocal lens in 1780?
- Q.8 - Who lived to the ripe old age of 969?

(Answers on newsletter center page)