

# SNAP BROOKVILLE NEIGHBORHOOD SENIOR CENTER

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**CENTER DIRECTOR**  
SANDRA SMALLS-JONES



**CHIEF EXECUTIVE OFFICER/PRESIDENT**  
PAOLA MICELI, MPA  
**CHIEF OPERATING OFFICER**  
MARIAN LEWEK, LMSW  
**EXECUTIVE BOARD CHAIR**  
COREY BEARAK, ESQ.

## february 2019 NEWSLETTER

*Freezing cold winds, biting chills and white snow fluffed hills. Valentine's Day, oh how gay! President's day is on the way. February, sweet & small. Greatest month of all. "Eric Lies"*

Mr. Lies referred to February as sweet and small, and the Welsh called February "*y mis bach*" which means "**little month**". This is because February is the only month on the calendar with 28 days, the shortest month of the year. Every 4 years February has 29 days which is called leap year. The next leap year will occur in the year 2020.

Some other fun facts about February:

- The Zodiac signs are Aquarius and Pisces.
- The flowers are Violets and Primrose
- The birthstone is an Amethyst
- It is the 3<sup>rd</sup> month of winter.
- In the Southern Hemisphere it is a summer month equivalent to August.
- The month is named for the Latin word "februum", which means purification
- Along with January, it was the last of the months added to the Roman calendar. The calendar we use today.
- The largest American sporting event of the year, the Super Bowl, is held in February.
- The Saxon term for February is *Sol-monath*, means "**cake month**". This is because they offered cakes to the gods during this month.

If you didn't know any of the above.... now you do!

Yes, February brings cold winds, biting chills, freezing hands and feet! But, according to "Ann Bradstreet", if we had no winter, the spring wouldn't be so pleasant. So, don't complain, we have warmer months to look forward to. Until next month I wish you....

Blessings, Peace & Fitness,  
\*\*\*\* SANDRA \*\*\*\*

# SENIOR CENTER LUNCHEON MENU FEBRUARY 2019



**Lunch is served from 12:00 pm - 1:00pm, Monday-Friday.**

The suggested contribution is \$2.00. Menus are subject to change without notice. Your support helps sustain our program. Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Pot Roast Egg Noodles Whole Baby Carrots
<b>4</b> Sausage w/ Peppers & Onions Penne Green Beans	<b>5</b> Sesame Chicken Brown Rice Broccoli Florets	<b>6</b> Cheese Ravioli Italian Blend Veg.	<b>7</b> Meatloaf Mashed Potatoes Spinach	<b>8</b> Chicken Marsala Egg Noodles Mixed Vegetables
<b>11</b> Baked Fish Roasted Potatoes Zucchini	<b>12</b> Beef Stroganoff Egg Noodles Broccoli	<b>13</b> Turkey Breast Baked Sweet Potato Green Beans	<b>14</b> Baked Chicken Egg Barley with Mushrooms California Blend	<b>15</b> Chili Con Carne Brown Rice Brussel Sprouts
<b>18</b> <i>Center Closed in Observance of President's Day</i>	<b>19</b> Meatballs Spaghetti Mixed Vegetables	<b>20</b> Pork Chops Mashed Potatoes Brussel Sprouts	<b>21</b> Oven Fried Chicken Macaroni & Cheese Collard Greens	<b>22</b> Breaded Fish Rice Pilaf Green Beans
<b>25</b> Chicken Parmigiana Spaghetti California Blend	<b>26</b> Tuna Fish Salad Chickpea Salad Cucumbers & Tomatoes	<b>27</b> Pot Roast Mashed Potatoes Whole Baby Carrots	<b>28</b> Baked Ziti with Meatsauce Italian Blend Veg. Garden Salad	



## HEALTHY FOODS

SNAP cares about your health and well-being and is interested in serving the most nutrient and healthy foods available. Towards that end we will be slowly transitioning in the direction of a more farm to table menu with increased fruits and vegetables that are fresh, healthy and locally produced. We will limit the amount of juice served with lunch due to the high sugar content.

Juice enjoys the reputation of a health food, but critics say its calorie and sugar content are on a par with soda. For example:

- Coca-Cola (8 oz.) has 97 calories and 27 grams of sugar
- Orange Juice (8 oz.) has 112 calories and 21 grams of sugar

The staff will be seeking your feedback as we introduce some new vegetarian menu items in the next few months. We look forward to helping you live longer, healthier lives.



# WEEKLY ACTIVITIES FOR JANUARY 2019

**An \* next to any class, represents a suggested donation is requested.**

**FRIDAY**



**1**  
**9 am – 3 pm:** Table Pool Tournament  
**10 am:**


- Card Playing
- Dominoes

**11am:**

- Line Dance w/Roselle\*
- Bingo

**1:15 pm:** \*Exercise w/Tommy\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b>  <b>9 am – 3 pm:</b> Table Pool  <b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Cross Word Puzzle Table Challenge</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• *Sewing Club*</li> </ul> <p><b>11 am:</b></p> <ul style="list-style-type: none"> <li>• Chair/Standing Exercise w/Jewel*</li> </ul> <p><b>1 pm:</b> Bingo</p>	<p><b>5</b>  <b>9 am – 3 pm:</b> Table Pool  <b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> </ul> <p><b>11:00 am:</b> ZUMBA*</p> <p><b>1 pm:</b> Bingo</p>	<p><b>6</b>  <b>9 am – 3 pm:</b> Table Pool  <b>10 am</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• Book Club</li> <li>• Sewing /Jewelry Club*</li> <li>• <b>PRESENTATION:</b> PS195 &amp; SNAP Brookville Intergenerational Program</li> </ul> <p><b>1 pm:</b> Bingo</p>	<p><b>7</b>  <b>9 am– 3pm:</b> Table pool  <b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>11 am:</b></p> <ul style="list-style-type: none"> <li>• *Yoga</li> <li>• Bingo</li> </ul> <p><b>12pm:</b> Lunch &amp; Learn W/Becky the Healthy Lady</p> <p><b>1:15 pm:</b> *Exercise w/Tommy*</p>	<p><b>8</b>  <b>9 am – 3 pm:</b> Table Pool  <b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>11am:</b></p> <ul style="list-style-type: none"> <li>• Line Dance w/Roselle*</li> <li>• Bingo</li> </ul> <p><b>1:15 pm:</b> * Exercise w/Tommy*</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>11</b>  <b>9 am – 3pm</b> Table Pool  <b>10am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Cross Word Puzzle Table Challenge</li> <li>• Women’s Discussion Group</li> </ul> <p><b>10:30-12:00:</b> Sewing / Jewelry Making Club*</p> <p><b>11 am:</b> Chair/Standing Exercise w/Jewel*</p> <p><b>1 pm:</b> Bingo</p>	<p><b>12</b>  <b>9 am – 3 pm:</b> Table Pool  <b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> </ul> <p><b>11:00 am:</b> Zumba*</p> <p><b>1 pm:</b> Bingo</p>	<p><b>13</b>  <b>9am – 3 pm:</b> Table Pool  <b>10am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>10:30 am</b></p> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• Sewing/Jewelry club</li> <li>• Book club</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• <b>Joel &amp; Francine Pre-Valentine’s Day Show: A Love Affair at the Movies</b></li> <li>• Bingo – <b>CANCELLED</b></li> </ul>	<p><b>14</b>  <b>9 am– 3 pm:</b> Table pool  <b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>10:30 am</b></p> <ul style="list-style-type: none"> <li>• <b>SNAP’s “Couple Quiz” Who Are We?</b></li> </ul> <p><b>11am:</b></p> <ul style="list-style-type: none"> <li>• *Yoga - <b>CANCELLED</b></li> <li>• Bingo - <b>CANCELLED</b></li> </ul> <p><b>12pm:</b> Lunch &amp; Learn W/Becky the Healthy Lady</p> <p><b>1:15 pm:</b> *Exercise w/Tommy*</p>	<p><b>15</b>  <b>9am – 3pm:</b> Table Pool Tournament  <b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>11am:</b></p> <ul style="list-style-type: none"> <li>• Line Dance w/Roselle*</li> <li>• Bingo</li> </ul> <p><b>1:15 pm:</b> *Exercise w/Tommy*</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p><b>Center Closed</b></p> 	<p>19</p> <p>9 am – 3 pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> </ul> <p>11:00 am: Zumba*</p> <p>1 pm: Bingo</p>	<p>20</p> <p>9am – 3pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p>10:30am</p> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• *Sewing/Jewelry Club</li> <li>• Book Club</li> <li>• <b>PRESENTATION:</b> <i>PS195 &amp; SNAP Brookville Intergenerational Program</i></li> </ul> <p>12pm:</p> <ul style="list-style-type: none"> <li>• Lunch &amp; Learn W/Becky the Healthy Lady</li> <li>• <b>Senior February Birthday Party</b> – Live DJ &amp; Dancing!</li> <li>• SNAP Jewelry &amp; Craft Club Sale.</li> </ul> <p>1:00pm</p> <ul style="list-style-type: none"> <li>• Bingo - <b>CANCELLED</b></li> </ul>	<p>21</p> <p>9 am– 3 pm: Table pool</p> <p>10 am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p>11am:</p> <ul style="list-style-type: none"> <li>• *Yoga</li> <li>• Bingo</li> </ul> <p>12pm: Lunch &amp; Learn W/Becky the Healthy Lady</p> <p>1:15 pm: *Exercise w/Tommy*</p>	<p>22</p> <p>9 am – 3 pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p>11:15 am: *Exercise w/Tommy*</p>
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<p>25</p> <p>9 am – 3 pm: Table pool</p> <p>10am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Women's Discussion Group</li> </ul> <p>10:30-12:00: Sewing / Jewelry Making Club*</p> <p>11 am: *Chair/Standing Exercise w/Jewel*</p> <p>1 pm: Bingo</p>	<p>26</p> <p>9 am – 3 pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• <b>CENTER MOVIE DAY</b></li> </ul> <p>1 pm: Bingo</p>	<p>27</p> <p>9am – 3pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p>10:30am</p> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• *Sewing/Jewelry Club</li> <li>• Book Club</li> </ul> <p>1:00pm</p> <ul style="list-style-type: none"> <li>• Bingo</li> </ul>	<p>28</p> <p>9 am– 3 pm: Table pool</p> <p>10 am:</p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• <b>CENTER GAME DAY</b></li> </ul> <p>11am:</p> <ul style="list-style-type: none"> <li>• *Yoga</li> <li>• Bingo</li> </ul> <p>12pm: Lunch &amp; Learn W/Becky the Healthy Lady</p> <p>1:15 pm: *Exercise w/Tommy*</p>	

## **SNAP BROOKVILLE EXCITING UPCOMING TRIPS**

DATE	Trip Name & Location	Price
Thursday, Feb. 28, 2019	Famous Dave's Restaurant African American Museum	\$40.00
Thursday, Mar. 14, 2019	Li Greci's Staaten - St. Patrick's Day Feast Comedian, live band & bag pipe player	\$77.00
Monday, Apr. 29, 2019	5 De Mayo Restaurant w/ Live Mariachi band	\$60.00