

SNAP BROOKVILLE NEIGHBORHOOD SENIOR CENTER

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EXECUTIVE BOARD CHAIR

COREY BEARAK, ESQ.

March

2019 NEWSLETTER

Did you know that New York is home to the largest population of Irish Americans at 13% (according to www.Thoughtco.com)?

Well if you didn't know, you do now. New York is also the host of the annual St. Patrick's Day Parade, which is held every year on March 17th, since 1762. So, who was St. Patrick? He was known as the Apostle of Ireland. He was a 5th century Romano, British Christian Missionary as well as a Bishop who brought Christianity to Ireland. St. Patrick was kidnapped at 16 years old and brought to Northern Ireland as a slave. He was brought to Slemish Mountain in County Antrim to herd sheep. One year, he had a vision telling him he had to spread the word about Christianity. St. Patrick escaped and returned to Ireland to spread the word. He remained there for the rest of his life preaching, baptizing and building churches until his death on March 17th, 461. Hence the St. Patrick day parade being held on the 17th of March.

So basically I think St. Patrick wanted to spread love and peace through Christianity. Maybe this is why the saying "on St. Patrick's Day everyone is Irish" was invented, which I take to mean if everyone follows the path St. Patrick blazed, spreading love and peace we would all be in a better state of mind. St. Patrick wasn't even Irish; he was thought to come from Wales or Scotland. So if St. Patrick (not of Irish descent) can be Irish, then why not all of us?

Spread peace and love today, because tomorrow is not promised. Start living your best life while you can. Apologize to someone you hurt, make friends with someone new, tell someone you love that you love them while they are above ground. Live your life like it's golden and treasure the people in your lives. Thank your higher power for giving you another day on this earth to be the best person you can be!

Blessings, Peace & Fitness,

****SANDRA****

SENIOR CENTER LUNCHEON MENU

MARCH 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
				1 Turkey Breast Mashed Sweet Potato Green Beans
4 Salisbury Steak Egg Noodles Spinach	5 Chicken Creole Rice Pilaf Okra & Tomatoes	6 Salmon Cakes Mashed Potatoes Peas & Carrots	7 Beef & Broccoli Brown Rice Oriental Blend	8 Baked Fish Roasted Potatoes Zucchini
11 Vegetarian Lasagna Italian Green Beans	12 Sweet & Sour Pork Loin Mashed Potatoes Red Cabbage & Apples	13 Mushroom Chicken Noodles & Cabbage Broccoli Florets	14 Lemon Pepper Fish Brown Rice Pilaf Mixed Vegetables	15 Corned Beef & Cabbage Boiled Potatoes Parsleyed Carrots
18 Italian Sausage with Peppers & Onions Penne Italian Green Beans	19 Breaded Chicken Cutlet Sweet Potato Fries Mixed Vegetables	20 Cheese Ravioli Italian Blend Veg.	21 Meatloaf Mashed Potatoes Spinach	22 Chicken Marsala Egg Noodles Broccoli Florets
25 Chili Con Carne Brown Rice Brussel Sprouts	26 Beef Stroganoff Egg Noodles Broccoli	27 Turkey Breast Baked Sweet Potato Green Beans	28 Baked Chicken Egg Barley & Mushrooms California Blend	29 Baked Fish Roasted Potatoes Zucchini

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

FRIDAY



WEEKLY ACTIVITIES FOR MARCH 2019



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>4 9 am – 3 pm: Table Pool 10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • Cross Word Puzzle Table Challenge <p>10:30 am:</p> <ul style="list-style-type: none"> • *Sewing Club* <p>11 am:</p> <ul style="list-style-type: none"> • Chair/Standing Exercise w/Jewel* <p>1 pm: Bingo</p>	<p>5 9 am – 3 pm: Table Pool 10 am:</p> <ul style="list-style-type: none"> • Card Playing • Crocheting Club • Dominoes <p>11:00 am: ZUMBA*</p> <p>1 pm: Bingo</p>	<p>6 9 am – 3 pm: Table Pool 10 am</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30 am:</p> <ul style="list-style-type: none"> • Walking Club • Book Club • Sewing /Jewelry Club* <p>• PRESENTATION: <i>Intergenerational Program: Topics in a Hat Discussion</i></p> <p>1 pm: Bingo</p>	<p>7 9 am– 3pm: Table pool 10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • 3D Art Program <p>11 am:</p> <ul style="list-style-type: none"> • *Yoga • Bingo <p>12pm: Lunch & Learn W/Becky the Healthy Lady</p> <p>1:15 pm: *Exercise w/Tommy*</p>	<p>8 9 am – 3 pm: Table Pool 10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>11am:</p> <ul style="list-style-type: none"> • Line Dance w/Roselle* • Bingo <p>1:15 pm: * Exercise w/Tommy*</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 9 am – 3pm Table Pool 10am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • Cross Word Puzzle Table Challenge • Women’s Discussion Group <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>12 9 am – 3 pm: Table Pool 10 am:</p> <ul style="list-style-type: none"> • Card Playing • Crocheting Club • Dominoes <p>11:00 am: Zumba*</p> <p>1 pm: Bingo</p>	<p>13 9am – 3 pm: Table Pool 10am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30 am</p> <ul style="list-style-type: none"> • Walking Club • Sewing/Jewelry club • Book club • Federated Blocks of Laurelton: Mr Grover <p>1:00 pm:</p> <ul style="list-style-type: none"> • Bingo 	<p>14 9 am– 3 pm: Table pool 10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • 3D Art Program <p>11am:</p> <ul style="list-style-type: none"> • *Yoga • Bingo <p>12pm: Lunch & Learn W/Becky the Healthy Lady</p> <p>1:15 pm: *Exercise w/Tommy*</p>	<p>15 9am – 3pm: Table Pool Tournament 10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • St. Patrick’s Day Celebration <p>11am:</p> <ul style="list-style-type: none"> • Line Dance w/Roselle* • Bingo <p>1:15 pm: *Exercise w/Tommy*</p>

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18 9 am – 3 pm: Table pool 10am: <ul style="list-style-type: none"> • Card Playing • Dominoes • Crossword Puzzle Table Challenge • Women's Discussion Group 10:30-12:00: Sewing / Jewelry Making Club* 11 am: *Chair/Standing Exercise w/Jewel* 1 pm: Bingo	19 9 am – 3 pm: Table Pool 10 am: <ul style="list-style-type: none"> • Card Playing • Crocheting Club • Dominoes 11:00 am: Zumba* 1 pm: Bingo	20 9am – 3pm: Table Pool 10 am: <ul style="list-style-type: none"> • Card Playing • Dominoes • Walking Club • *Sewing/Jewelry Club PRESENTATION: <i>Intergenerational Program</i> 10:30am <ul style="list-style-type: none"> • ANTIOXIDANTS! Presented by Nutritionist, Liz Madison 12pm: <ul style="list-style-type: none"> • Senior March Birthday Party – Live DJ & Dancing! • SNAP Jewelry & Craft Club Sale. 1:00pm <ul style="list-style-type: none"> • Bingo - CANCELLED 	21 9 am– 3 pm: Table pool 10 am: <ul style="list-style-type: none"> • Card Playing • Dominoes • 3D Art Program8 11am: <ul style="list-style-type: none"> • *Yoga • Bingo 12pm: Lunch & Learn W/Becky the Healthy Lady 1:15 pm: *Exercise w/Tommy*	22 9 am – 3 pm: Table Pool Tournament 10 am: <ul style="list-style-type: none"> • Card Playing • Dominoes 11:15 am: *Line Dance w/Roselle *Bingo 1:15 pm: *Training w/Tommy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 9 am – 3 pm: Table pool 10am: <ul style="list-style-type: none"> • Card Playing • Dominoes • Women's Discussion Group 10:30-12:00: Sewing / Jewelry Making Club* 11 am: *Chair/Standing Exercise w/Jewel* 1 pm: Bingo	26 9 am – 3 pm: Table Pool 10 am: <ul style="list-style-type: none"> • Card Playing • Crocheting Club • Dominoes • CENTER MOVIE DAY 1 pm: Bingo	27 9am – 3pm: Table Pool 10 am: <ul style="list-style-type: none"> • Card Playing • Dominoes 10:30am <ul style="list-style-type: none"> • Walking Club • *Sewing/Jewelry Club • Book Club 1:00pm <ul style="list-style-type: none"> • Bingo 	28 9 am– 3 pm: Table pool 10 am: <ul style="list-style-type: none"> • Card Playing • Dominoes • CENTER GAME DAY 11am: <ul style="list-style-type: none"> • *Yoga • Bingo 12pm: Lunch & Learn W/Becky the Healthy Lady 1:15 pm: *Exercise w/Tommy*	29 9 am – 3 pm: Table Pool 10 am: <ul style="list-style-type: none"> • Card Playing • Dominoes 11:15 am: *Line Dance w/Roselle *Bingo 1:15 pm: *Training w/Tommy

SNAP BROOKVILLE EXCITING UPCOMING TRIPS

DATE	Trip Name & Location	Price
Thursday, Mar. 14, 2019	Li Greci's Staaten - St. Patrick's Day Feast Comedian, live band & bag pipe player	\$77.00/pp
Monday, Apr. 29, 2019	5 De Mayo Restaurant w/ Live Mariachi band	\$60.00/pp
Wednesday, May 22, 2019	Mt. Airy Lodge Casino Motown Show & Free Play	\$86.00/pp