

# SNAP BROOKVILLE NEIGHBORHOOD SENIOR CENTER

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MARIAN LEWEK, LMSW  
**EXECUTIVE BOARD CHAIR**  
COREY BEARAK, ESQ.

## April 2019 NEWSLETTER

Spring, is a miraculous experience that we are blessed to receive! In April, spring is in full swing. The whole world comes alive after being asleep for the winter. The world is filled up with color and the smell of flowers blooming. Did you realize that beneath the snow and the cold hard ground that the plants and trees were preparing for a rebirth? Animals start waking up from hibernation. People start shedding the big heavy clothes for lighter garb and you start to see a “spring” in their step. Spring gives us hope for a renewal, a revival and rejuvenation in our lives. Spring has sprung!

CHARMING SPRING – Patricia L. Cisco

Reminiscent melodies serenade the morning breeze.  
Feathered creatures nest with care in cherry blossoms pink and fair.  
Perfumed scents of roses flow. Tiny blades of green grass grow.  
Misty showers soak the earth, glorious colors come to birth.  
Gathering clouds come and go, rain, sun, and vibrant bow.  
Dainty petals, fancy flair, dancing in the warm sweet air.  
Violets, yellows, purest white, graceful, gentle, welcomed sight.  
Thank you, oh sweet lovely Spring, patiently waiting the charms you bring!

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

# SENIOR CENTER LUNCHEON MENU

## APRIL 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><br>Cauliflower Chickpea<br>Bulgar Bake<br>Mixed Vegetables              | <b>2</b><br>Sweet & Sour Pork Loin<br>Mashed Potatoes<br>Red Cabbage                    | <b>3</b><br>Mushroom Chicken<br>Noodles & Cabbage<br>Whole Baby Carrots              | <b>4</b><br>Lemon Pepper Fish<br>Rice Pilaf<br>Broccoli                      | <b>5</b><br>Pot Roast<br>Baked Potatoes<br>Green Beans          |
| <b>8</b><br>Baked Fish w/ Garlic<br>Sauce<br>Roasted Potatoes<br>Brussel Sprouts | <b>9</b><br>Chicken Parmesan<br>Spaghetti<br>Peas and Carrots                           | <b>10</b><br>Stuffed Shells<br>Italian Blend Veg.<br>Garden Salad                    | <b>11</b><br>Meatloaf<br>Mashed Potatoes<br>Spinach                          | <b>12</b><br>Chicken Marsala<br>Egg Noodles<br>Broccoli         |
| <b>15</b><br>Salmon Cakes<br>Mashed Potatoes<br>Whole Baby Carrots               | <b>16</b><br>Beef Stroganoff<br>Egg Noodles<br>Mixed Vegetables                         | <b>17</b><br>Turkey Breast<br>Baked Sweet Potato<br>Green Beans                      | <b>18</b><br>Breaded Chicken Cutlet<br>Egg Barley w/<br>Mushrooms<br>Spinach | <b>19</b><br><i>Good<br/>Friday</i><br><br><b>CENTER CLOSED</b> |
| <b>22</b><br>Orange Glazed<br>Chicken<br>Vegetable Couscous<br>Green Peas        | <b>23</b><br>Coconut Curry<br>w/Chickpeas & Spinach<br>Brown Rice<br>Whole Baby Carrots | <b>24</b><br>Pork Chops<br>Mac & Cheese<br>Brussel Sprouts                           | <b>25</b><br>Chicken Cacciatore<br>Penne<br>Mixed Vegetables                 | <b>26</b><br>Breaded Fish<br>Sweet Potato Fries<br>Cauliflower  |
| <b>29</b><br>Chicken Parmigiana<br>Ziti<br>California Veg. Blend                 | <b>30</b><br>Pot Roast<br>Mashed Potatoes<br>Whole Baby Carrots                         |  |  |   |
|  |   |  |  |   |

# WEEKLY ACTIVITIES FOR APRIL 2019

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

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <b>1</b><br><b>9 am –3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>• Women’s Discussion Group*</li> </ul> <b>11 am:</b> <ul style="list-style-type: none"> <li>• Chair/Standing Exercise w/Jewel*</li> </ul><br><b>1 pm:</b> Bingo | <b>2</b><br><b>9 am –3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• Creative Writing</li> <li>• Jewelry Club</li> </ul> <b>11:00 am:</b> ZUMBA*<br><br><b>1 pm:</b> Bingo | <b>3</b><br><div style="border: 1px solid black; padding: 2px; text-align: center;"><b>The Temptations Trip</b></div> <b>9 am –3 pm:</b> Table Pool<br><br><b>10 am</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Sewing Club*</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• Book Club*</li> <li>• Intergenerational Program: <i>PS195</i></li> </ul><br><b>1 pm:</b> Bingo | <b>4</b><br><b>9 am– 3pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• 3D Art Program</li> </ul> <b>11 am:</b> <ul style="list-style-type: none"> <li>• *Yoga</li> <li>• Bingo</li> </ul><br><b>12pm:</b> Lunch & Learn W/Becky<br><br><b>1:15 pm:</b> *Aerobic/Strength Training<br><br><b>2pm:</b> Creative Writing | <b>5</b><br><b>9 am –3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>11am:</b> <ul style="list-style-type: none"> <li>• Line Dance w/Roselle*</li> <li>• Bingo</li> </ul><br><b>1:15 pm:</b> *Aerobic/Strength Training *  |
| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
| <b>8</b><br><b>9 am –3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>• Women’s Discussion Group*</li> </ul> <b>11 am:</b> <ul style="list-style-type: none"> <li>• Chair/Standing Exercise w/Jewel*</li> </ul><br><b>1 pm:</b> Bingo | <b>9</b><br><b>9 am –3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• Creative Writing</li> <li>• Jewelry Club</li> </ul> <b>11:00 am:</b> ZUMBA*<br><br><b>1 pm:</b> Bingo | <b>10</b><br><b>9 am –3 pm:</b> Table Pool<br><br><b>10 am</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Sewing /Jewelry Club*</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• Book Club</li> </ul><br><b>1 pm:</b> Bingo   | <b>11</b><br><b>9 am– 3pm:</b> Table pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• 3D Art Program</li> </ul> <b>11 am:</b> <ul style="list-style-type: none"> <li>• Yoga*</li> <li>• Bingo</li> </ul><br><b>12pm:</b> Lunch & Learn W/Becky<br><br><b>1:15 pm:</b> *Aerobic/Strength Training *                                  | <b>12</b><br><b>9 am –3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>11am:</b> <ul style="list-style-type: none"> <li>• Line Dance w/Roselle*</li> <li>• Bingo</li> </ul><br><b>12pm: Presentation:</b> Financial Awareness<br><br><b>1:15 pm:</b> *Aerobic/Strength Training * |



## SNAP BROOKVILLE EXCITING UPCOMING TRIPS

| DATE                       | Trip Name & Location                             | Price      |
|----------------------------|--|------------|
| Wednesday,<br>May 22, 2019 | Mt. Airy Lodge Casino<br>Motown Show & Free Play | \$86.00/pp |
| Friday, July 12, 2019      | Medieval Tims                                    | \$78.00/pp |

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>15</b><br><b>9 am – 3pm</b> Table Pool<br><br><b>10am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>• Women’s Discussion Group</li> </ul> <b>11 am:</b> Chair/Standing Exercise w/Jewel*<br><br><b>1 pm:</b> Bingo | <b>16</b><br><b>9 am –3pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• Creative Writing</li> <li>• Jewelry Club</li> <li>• <b>Presentation:</b><br/><i>Mitchel Rabino: National Health Care Decisions Day</i></li> </ul> <b>11:00 am:</b> Zumba*<br><br><b>1 pm:</b> Bingo | <b>17</b><br><b>9am – 3 pm:</b> Table Pool<br><br><b>10am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Sewing/Jewelry Club*</li> </ul> <b>10:30 am</b> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• Book club</li> <li>• <i>Intergenerational Program: PS195</i></li> </ul> <b>12pm: VOLUNTEER LUNCHEON</b><br><br><b>1:00 pm:</b> <ul style="list-style-type: none"> <li>• Bingo</li> </ul> | <b>18</b><br><b>9 am– 3 pm:</b> Table pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• 3D Art Program</li> </ul> <b>11am:</b> <ul style="list-style-type: none"> <li>• *Yoga</li> <li>• Bingo*</li> </ul> <b>12pm:</b> Lunch & Learn W/Becky<br><br><b>1:15 pm:</b> *Aerobic/Strength Training *<br><br><b>2pm:</b> Creative Writing | <b>19</b><br><br><b>CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY</b><br><br><b>ALSO WISHING EVERYONE A HAPPY EASTER &amp; HAPPY PASSOVER!</b> |

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
| <b>22</b><br><b>9 am – 3 pm:</b> Table pool<br><br><b>10am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30-12:00:</b> <ul style="list-style-type: none"> <li>• Women’s Discussion Group</li> </ul> <b>11 am:</b> *Chair/Standing Exercise w/Jewel*<br><br><b>1 pm:</b> Bingo | <b>23</b><br><b>9 am – 3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• Creative Writing</li> <li>• Jewelry Club</li> </ul> <b>1 pm:</b> Bingo | <b>24</b><br><b>9am – 3pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• *Sewing/Jewelry Club</li> </ul> <b>10:30am</b> <ul style="list-style-type: none"> <li>• <b>PRESENTATION BY</b><br/><i>Clear Captions Visions</i></li> <li>• Walking Club</li> <li>• Book Club*</li> </ul> <b>12pm:</b> <ul style="list-style-type: none"> <li>• <b>Senior April Birthday Party</b> – Live DJ &amp; Dancing!</li> </ul> <b>1:00pm</b> <ul style="list-style-type: none"> <li>• Bingo - <b>CANCELLED</b></li> </ul> | <b>25</b><br><b>9 am– 3 pm:</b> Table pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• 3D Art Program8</li> </ul> <b>11am:</b> <ul style="list-style-type: none"> <li>• <b>PRESENTATION:</b><br/><i>Devore Dance</i></li> <li>• Bingo</li> </ul> <b>12pm:</b> Lunch & Learn W/Becky<br><br><b>1:15 pm:</b> *Aerobic/Strength Training *<br><br><b>2pm:</b> Creative Writing | <b>26</b><br><b>9 am – 3 pm:</b> Table Pool Tournament<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>11:15 am:</b> *Line Dance w/Roselle *Bingo<br><br><b>1:15 pm:</b> *Aerobic/Strength Training * |

| MONDAY  | TUESDAY   |  |  |  |
|---|---|--|--|--|
| <b>29</b><br><b>9 am – 3 pm:</b> Table pool<br><br><b>10am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30am:</b> <ul style="list-style-type: none"> <li>• Women’s Discussion Group</li> </ul> <b>11 am:</b> *Chair/Standing Exercise w/Jewel*<br><br><b>1 pm:</b> Bingo | <b>30</b><br><b>9 am – 3 pm:</b> Table Pool<br><br><b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• Creative Writing</li> <li>• Jewelry Club</li> </ul> <b>11:00 am:</b> Zumba*<br><br><b>1 pm:</b> Bingo* | <p><i>Thank You!</i></p> <p><b>The seniors of SNAP Brookville would like to give a special “Thank you” to Councilman Donovan Richard for the SU CASA creative arts programs that he again, so generously granted our center!</b></p> |  |  |