JANUARY 2020 NEWSLETTER

King January

January, wear this crown
Which we present to you!
We have made you king of months,
We feel it is your due!

With your garb of ermine snow,
You're dressed just like a king!
So it is fitting in your honor
Songs of praise we sing!

Now pray ascend the royal throne,
And bend your regal head.
We'll crown you king - and then we'll take
Our frozen toes to bed!

by Lenore Hetrick

BLESSINGS, PEACE & FITNESS,
****SANDRA****
# Senior Center Luncheon Menu
## January 2020

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

Salads need to be ordered before 11am.

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Snap Closed</td>
<td>Italian Meatballs</td>
<td>Baked Fish Fillets</td>
<td>Pot Roast</td>
<td>Baked Fish Fillets</td>
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<tr>
<td>New Year’s Day</td>
<td>Spaghetti</td>
<td>Spaghetti Broccoli Florets</td>
<td>Brown Rice Pilaf</td>
<td>Brown Rice Pilaf</td>
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<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
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<td>6 Breaded Chicken Cutlet</td>
<td>Sweet Potato Fries</td>
<td>Loin of Pork</td>
<td>Chicken Cacciatore</td>
<td>Salmon Cakes</td>
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<td>Brussel Sprouts</td>
<td>Mashed Potatoes</td>
<td>Penne</td>
<td>Roasted Potatoes</td>
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<td>Red Cabbage w/ Apples</td>
<td>California Blend</td>
<td>Brussel Sprouts</td>
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<tr>
<td>7 Baked Fish Oreganata</td>
<td>Chicken &amp; Broccoli Stir Fry</td>
<td>Chicken Cacciatore</td>
<td>Fish Fillets</td>
<td>Meatloaf</td>
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<td>Brown Rice</td>
<td>Stir Fry</td>
<td>Brown Rice</td>
<td>Mashed Potatoes</td>
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<td></td>
<td>with Mushrooms</td>
<td>Chinese Style Spaghetti</td>
<td>Broccoli Florets</td>
<td>Peas &amp; Carrots</td>
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<td>Mixed Vegetables</td>
<td>Oriental Blend</td>
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<tr>
<td>13 Baked Fish Oreganata</td>
<td>Snap Closed for Martin Luther King Jr Day.</td>
<td>14 Chicken &amp; Broccoli Stir Fry</td>
<td>Meatloaf</td>
<td>Baked Fish</td>
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<td>Mashed Potatoes</td>
<td>Vegetable Couscous</td>
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<td>Peas &amp; Carrots</td>
<td>Green Peas</td>
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<tr>
<td>14 Baked Fish Oreganata</td>
<td>Turkey Breast</td>
<td>22 Baked Fish</td>
<td>Stuffed Shells</td>
<td>Baked Fish</td>
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<td>Vegetable Couscous</td>
<td>Italian Blend</td>
<td>Stuffed Shells</td>
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<td>Green Peas</td>
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<td>15 Meatloaf</td>
<td>23 Stuffed Shells</td>
<td>24 Baked Chicken</td>
<td>Beef Stroganoff</td>
<td>Baked Fish Fillet</td>
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<td>Egg Noodles</td>
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<td>Chinese Style</td>
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<tr>
<td>16 Chicken Parmigiana</td>
<td>27 Sausage w/Peppers &amp; Onions</td>
<td>28 Cheeseburger</td>
<td>Sausage w/Peppers &amp; Onions</td>
<td>Beef Stroganoff</td>
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<td>Home Fries</td>
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<td>Brown Rice Penne</td>
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<td>17 Salmon Cakes</td>
<td>29 Asian Style Honey Chicken</td>
<td>29 Asian Style Honey Chicken</td>
<td>Asian Style Honey</td>
<td>Beef Stroganoff</td>
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<td>Brown Rice Pilaf</td>
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<td>18 Sausage w/Peppers &amp; Onions</td>
<td>30 Beef Stroganoff</td>
<td>30 Beef Stroganoff</td>
<td>Chinese Style</td>
<td>Beef Stroganoff</td>
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<td>Cauliflower</td>
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<td>19 Sausage w/Peppers &amp; Onions</td>
<td>31 Baked Fish Fillet</td>
<td>31 Baked Fish Fillet</td>
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<td>Red Bliss Potatoes</td>
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<td>Spinach</td>
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*SNAP CLOSED*
WEEKLY ACTIVITIES FOR JANUARY 2020

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>6</td>
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<tr>
<td>9am – 3 pm Billiards</td>
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<tr>
<td>Woman’s Discussion Group</td>
<td>Woman’s Discussion Group</td>
<td>Tai Chi</td>
<td>Tai Chi</td>
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<tr>
<td>Tai Chi Class</td>
<td>Tai Chi Class</td>
<td>11:00 am: *Line Dance w/Roselle</td>
<td>11:00 am: *Line Dance w/Roselle</td>
<td>11:00 am: *Line Dance w/Roselle</td>
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<tr>
<td>11 am: *Chair Aerobics</td>
<td>11 am: *Chair Aerobics</td>
<td>Bingo</td>
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<tr>
<td>1 pm: Bingo</td>
<td>1 pm: Bingo</td>
<td>1:15 pm: *Aerobics training</td>
<td>1:15 pm: *Aerobics training</td>
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</tbody>
</table>

1
CENTER CLOSED IN OBSERVANCE OF NEW YEAR’S DAY

2
10 am
• Card Playing
• Dominoes

10:30 am
Tai Chi

11 am
Bingo

12pm
Health & Wellness

1:15 pm *Weight & strength training

3
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

4
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

5
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

6
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

7
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

8
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

9
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

10
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

11
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

12
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

13
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

14
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

15
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training

16
10 am
• Card Playing
• Dominoes

11:00 am
*Line Dance w/Roselle Bingo

1:15 pm
*Aerobics training
<table>
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<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td>13</td>
<td>14 9am – 3pm: Table Pool</td>
<td>15 9am – 3pm: Table Pool</td>
<td>16 9am– 3 pm: Table pool</td>
<td>17 9am – 3 pm: Billiards</td>
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<tr>
<td>Women’s Discussion group</td>
<td>Tai Chi Class</td>
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<td>*Line Dance w/Roselle</td>
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<td>11am</td>
<td>*Bingo</td>
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<tr>
<td>*Chair Aerobics</td>
<td>*Chair Aerobics</td>
<td>*YOGA</td>
<td>12pm</td>
<td>1:15 pm: *Aerobics</td>
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<tr>
<td>1 pm</td>
<td>1 pm</td>
<td>Dr. Martin Luther King Celebration</td>
<td>1:15 pm: *Weight &amp; strength training</td>
<td>CENTER CLOSES AT 3:30</td>
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<tbody>
<tr>
<td>20</td>
<td>21 9am – 3pm: Billiards</td>
<td>22 9am – 3pm: Table Pool</td>
<td>23 9am– 3 pm: Billiards</td>
<td>24 9am – 3 pm: Billiards</td>
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<tr>
<td>Walking Club</td>
<td>Walking Club</td>
<td>Tai Chi class</td>
<td>Tai Chi class</td>
<td>*Line Dance w/Roselle</td>
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<tr>
<td>Sewing/Jewel club</td>
<td>Sewing/Jewel club</td>
<td>*Bingo</td>
<td>*Bingo</td>
<td>*Bingo</td>
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<tr>
<td>Book club</td>
<td>Book club</td>
<td>12pm Health &amp; Wellness</td>
<td>12pm</td>
<td>1:15 pm: *Aerobics/Strength</td>
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<tr>
<td>Intergenerational Program/PS 19S</td>
<td>Intergenerational Program/PS 19S</td>
<td>1:00 pm</td>
<td>1:00 pm</td>
<td>Training</td>
</tr>
</tbody>
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**SENIOR BIRTHDAY PARTY**
LIVE DJ & DANCING

**Dr. Martin Luther King Celebration**

**CENTER CLOSES AT 3:30**

**CENTER IS CLOSED IN OBSERVANCE OF DR. MARTIN LUTHER KING DAY**

**I HAVE A DREAM**

**Roselle**
SNAP BROOKVILLE EXCITING UPCOMING TRIPS

<table>
<thead>
<tr>
<th>DATE</th>
<th>Trip Name &amp; Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, February 1st, 2020</td>
<td>Regina Belle &amp; Peabo Bryson @ Queens College</td>
<td>$60.00</td>
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<tr>
<td>Wednesday, March 25th, 2020</td>
<td>Sight &amp; Sound – Queen Esther</td>
<td>$138.00</td>
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Once again, Councilman Donovan Richards has provided our seniors with 3 different computer classes. The seniors had their graduation last month and are now prepared to get involved in the cyber world! Thank you Councilman Richards for always helping our seniors!

Councilman Donovan Richards, Councilman Daneek Miller and the Bartlett Contemporaries, provided the SNAP Seniors with a fabulous day of music and dancing for the December holidays. Thank you, thank you, thank you from the SNAP Brookville Seniors and staff.

FITNESS CLASS CHANGES:
- The yoga class is now on Wednesdays at 11:00 am
- The Thursday exercise class now starts at 1:15 and is a weight & strength training class
- The Friday exercise class now starts at 1:15 and is an aerobics class

BE ON THE LOOKOUT IN FEBRUARY:
- Tai Chi for Arthritis class will begin/date to be announced
- Walk with ease class will begin/date to be announced