

Why Should I Join Sandel?



MEETING PEOPLE

Where can I go to meet vital seniors in our community of Rockville Centre?

The Sandel Center is the perfect place to meet and make new friends—Come down, be our guest at no charge for a day or two, and see the scope of our membership and activities that take place every day. A delicious, nutritious lunch is offered each day for a nominal fee. A perfect way to spend time with the new friends you will make.



EXERCISE

Zumba, Yoga, Pilates, Tai Chi, Dance Aerobics and much, much more:

Why pay expensive gym memberships and individual exercise class fees?

Sandel offers those aged 60 and above a wide variety of exercise classes daily, at all fitness levels all conducted by professionals—which is included in your membership. And during the summer you can have even more fun by joining our fantastic, award-winning, “SPA” program!



MEN'S PROGRAMMING

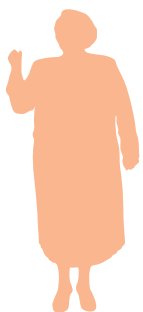
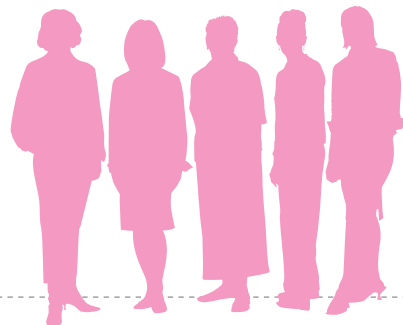
Is there anything for men to do at Sandel?

In addition to participating in all Center activities, Sandel offers a Men's Club that meets regularly and plans ballgames, barbeques, outings around the Island, socialization and card playing.

OTHER PROGRAMS

What else is there besides exercise?

Trips, entertainment, performing groups, music classes, guest speakers... you name it, we have it.



VOLUNTEERING

How can I find fulfillment, after retirement and be useful to my community?

Our Sandel members volunteer their time and service in many meaningful ways that benefit the Rockville Centre community such as tutoring school children, landscaping and gardening, holiday decorating, visiting homebound seniors and nursing homes, working at Village Hall as “Ambassadors”, etc.

Any further questions?
Call Sandel at
516-678-9350
Or drop in the Center
at 50 South Park Avenue

TRANSPORTATION

How will I get to the Sandel Center?

Transportation is available upon request.

