



JANUARY 2018

Clarkstown/Pearl River Senior Activity Center, 121 W. Nyack Road, Nanuet, N.Y. 10954 (845) 624-6334

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|---|---|--|---|---|
| <p style="text-align: right;">1</p> <p>CENTER CLOSED</p>  | <p style="text-align: right;">2</p> <p>10:30 Calendar Review 10:45 January Trivia 11:15 Seniorsize w/Pat 1:00 Newsletter Writing</p> | <p style="text-align: right;">3</p> <p>10:30 Weights and Bands w/Pat 11:15 Spelling Bee 1:00 Bingo</p> | <p style="text-align: right;">4</p> <p>10:15 ShopRite Shopping 11:00 Word Search Challenge 1:00 Tai Chi w/Linda</p> | <p style="text-align: right;">5</p> <p>10:30 Trip to Dollar Store and Dunkin' 10:45 Donuts 1:00 Wii Bowling Bingo</p> | <p>Every Morning Starts With:</p> <p>TV/Social Hour Puzzles</p> <p>Table Games</p> <p>Rummikub Scrabble Card Games Puzzles</p> <p><u>PROGRAMS ARE SUBJECT TO CHANGE</u></p> |
| <p style="text-align: right;">8</p> <p>10:30 Dollar Store Shopping 1:00 Professor Hokus Entertains Nyack Center Visits</p> | <p style="text-align: right;">9</p> <p>10:45 Dr. Burles Discusses Diabetes 1:00 Exercise w/Rafael</p> | <p style="text-align: right;">10</p> <p>11:00 We Visit Kid's Kingdom 11:30 Stretches w/Pat 1:00 Bingo</p> | <p style="text-align: right;">11</p> <p>10:15 ShopRite Shopping 11:15 Glaucoma Discussion w/Bonnie 1:00 Move w/Charlese</p> | <p style="text-align: right;">12</p> <p>10:30 Let's Feed the Birds 11:00 Remembering Dr. Martin Luther King 1:00 Bingo</p> | |
| <p style="text-align: right;">15</p> <p>CENTER CLOSED</p>  | <p style="text-align: right;">16</p> <p>11:00 Visit w/Jean LaBosco 1:00 Alert and Alive w/Michelle Olson</p> | <p style="text-align: right;">17</p> <p>10:30 Center Officers Report to 11:00 Members 12:30 Weights w/Pat 1:00 Book Club Bingo Birthday Cake</p> | <p style="text-align: right;">18</p> <p>10:15 ShopRite Shopping 11:00 Wii Bowling 1:00 Healing Moves w/Marlene</p> | <p style="text-align: right;">19</p> <p>10:15 Popcorn Facts and Popcorn! 11:00 Commonynms 1:00 Bingo</p> | |
| <p style="text-align: right;">22</p> <p>10:30 Target Shopping 11:00 Kid's Kingdom Visits w/Our 1:00 Center Nutrition w/Gitty</p> | <p style="text-align: right;">23</p> <p>10:30 Blood Pressure Screening 12:00 Pizza Lunch 1:00 Move w/Rafael</p> | <p style="text-align: right;">24</p> <p>10:30 Volleyball Challenge 11:15 Belly Laughs! 1:00 Bingo</p> | <p style="text-align: right;">25</p> <p>10:15 ShopRite Shopping 11:00 Trivia Challenge 1:00 Jimmy Walsh Entertains</p> | <p style="text-align: right;">26</p> <p>10:30 Tea Facts and Muffins! 11:15 Walking Club 1:00 Bingo</p> | |
| <p style="text-align: right;">29</p> <p>11:00 Exercise w/Dolan 1:00 Pokeno w/Bonnie</p> | <p style="text-align: right;">30</p> <p>10:45 Guided Meditation w/Maneesh 1:00 Right Left Game Pat</p> | <p style="text-align: right;">31</p> <p>11:00 Joanne Parker and Cardiologist Discuss Heart Health 1:00 Bingo</p> |  |  | |

The Clarkstown/Pearl River Senior Centers Program is a Division of Meals on Wheels Programs & Services of Rockland County