






**JULY 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;"><b>2</b></p> <p>10:15 Target Shopping 11:00 Wii Bowling 12:45 Trip to Baskin Robbins for Ice Cream</p>	<p style="text-align: right;"><b>3</b></p> <p>10:15 Bingo 11:30 Exercise w/Rafael 1:00 Trivia Challenge 1:30 Early Closing</p>	<p style="text-align: right;"><b>4</b></p> <div style="text-align: center;">  <p><b>JULY 4<sup>th</sup></b> Happy 4th of July!</p> <p><b>Center Closed</b></p> </div>	<p style="text-align: right;"><b>5</b></p> <p>10:15 ShopRite Shopping 11:00 Wii Bowling or Table Games 1:00 Join Jo for an "Evergreen" Chat</p>	<p style="text-align: right;"><b>6</b></p> <p>10:15 Walking Club 10:45 Keeping Our Wits Smart! w/Pat 1:00 Bingo</p>	<p>Every Morning Starts With:</p> <p>TV/Social Hour Puzzles</p>
<p style="text-align: right;"><b>9</b></p> <p>10:30 Table Games 11:00 George Wood Discusses Senior Safety 1:00 Nutrition w/Gitty</p>	<p style="text-align: right;"><b>10</b></p> <p>10:15 ShopRite Shopping 10:30 Senior Wheel of Fun w/Pat 1:00 Dance w/Rafael</p>	<p style="text-align: right;"><b>11</b></p> <p>11:00 Alert and Alive with Gleeful Wellness 1:00 Bingo</p>	<p style="text-align: right;"><b>12</b></p> <p>10:15 Nyack Farmer's Market Trip or Adult Coloring 1:00 Woman's Group w/Bonnie</p>	<p style="text-align: right;"><b>13</b></p> <p>10:15 Shop Pearl River Dollar Store and Dunkin' Donuts 1:00 Bingo</p>	
<p style="text-align: right;"><b>16</b></p> <p>10:30 Jeopardy and Table Games 11:15 Kid's Kingdom Visits Our Center 1:00 Dance w/Dolan</p>	<p style="text-align: right;"><b>17</b></p> <p>11:00 Georganne Entertains 1:00 Waist Watchers Meet w/Pat Bring Your Best Healthy Snack Suggestion</p>	<p style="text-align: right;"><b>18</b></p> <p>11:00 Healthy Moves w/Chelsea 12:30 Book Club w/Marcia 1:00 Bingo Birthday Cake</p>	<p style="text-align: right;"><b>19</b></p> <p>10:15 ShopRite Shopping 11:00 Letters to Servicemen and Women 1:00 Tai Chi w/John Hood</p>	<p style="text-align: right;"><b>20</b></p> <p>10:00 Bingo 11:15 Grand Buffet Restaurant Ramsey, NJ</p>	<p>Rummikub Scrabble Card Games Puzzles</p>
<p style="text-align: right;"><b>23</b></p> <p>10:15 Shop Good Will Store 11:00 Walking Club w/Jo 1:00 Word Search Challenge Win a Prize</p>	<p style="text-align: right;"><b>24</b></p> <p>10:30 Blood Pressure Screening 10:45 Letters to Servicemen and Women 1:00 Move w/Rafael</p>	<p style="text-align: right;"><b>25</b></p> <p>10:15 ShopRite Shopping 10:30 Seniors on the Move 11:00 Exercise w/Pat 1:00 Bingo</p>	<p style="text-align: right;"><b>26</b></p> <div style="text-align: center;">  <p><b>Boat Trip</b> <b>Center Closed</b></p> </div>	<p style="text-align: right;"><b>27</b></p> <p>10:15 Walk Central Ave. Park Coffee @ Zimi 11:00 Bagel Cafe 1:00 Wii Bowling Bingo</p>	<p><u>PROGRAMS ARE SUBJECT TO CHANGE</u></p>
<p style="text-align: right;"><b>30</b></p> <p>10:15 XMAS TREE SHOPP Shopping 1:00 Charlese Exercises to the Music of the Beatles</p>	<p style="text-align: right;"><b>31</b></p> <p>10:30 Walking Club 11:00 How Many Words Can you make? 1:00 Trivia Challenge</p>	<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>	

The Clarkstown/Pearl River Senior Centers Program is a Division of Meals on Wheels Programs & Services of Rockland County. Programs funded in part by the Administration on Aging, New York State Office for the Aging, donations, grants and fees.