

**NOVEMBER 2015**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>2</b></p> <p>10:00 Kid's Kingdom Visits</p> <p>11:00 Alert and Alive Understanding Wine w/Mitchell Bittman</p> <p>1:00 Wii Bowling</p>	<p><b>3</b></p> <p>10:45 Bardonia Physical Therapy</p> <p>11:30 November Trivia</p> <p>1:00 "Towers Of Nyack" w/Mr. Bob Greenberg</p>	<p><b>4</b></p> <p>10:30 Walking and Stretches w/Pat</p> <p>11:00 Sonia McGowan Healthy Eating</p> <p>1:00 Bingo</p>	<p><b>5</b></p> <p>10:30 ShopRite Shopping</p> <p>11:00 Word Puzzles</p> <p>1:00 Kid's Kingdom Visits</p>	<p><b>6</b></p> <p>10:15 Shopping Clarkstown Mall New City</p> <p>1:00 Walking Club</p> <p>1:30 Diabetes From Head To Toe w/Pat</p>	<p>Every Moring Starts With:</p> <p>TV/Social Hour Puzzles</p> <p>Table Games</p> <p>Rummikub</p> <p>Scrabble</p> <p>Card Games</p> <p>Puzzles</p> <p><u>PROGRAMS ARE SUBJECT TO CHANGE</u></p> <p><u>Join Us For Alert and Alive Presentations!</u></p>
<p><b>9</b></p> <p>10:15 Dollar Store Shopping Nanuet</p> <p>11:00 Visit Craft Table</p> <p>1:00 Mr. Chris Jenkins Emergency Preparedness</p>	<p><b>10</b></p> <p>10:45 Bardonia Physical Therapy</p> <p>11:00 Chef Joe Cooks For You!</p> <p>1:00 Move w/Raphael!</p>	<p><b>11</b></p> <p>11:00 Alert and Alive Dr. Harriet Korn Transforming Your Dreams Into Reality</p> <p>1:00 Bingo w/Allison</p>	<p><b>12</b></p> <p>10:30 ShopRite Shopping</p> <p>11:00 Try a Different Board Game!</p> <p>1:00 Exercises w/Miriam</p>	<p><b>13</b></p> <p>10:00 Arm Chair Travel</p> <p>11:00 In The News</p> <p>1:00 Chit Chat Game w/Pat</p>	
<p><b>16</b></p> <p>10:00 Kid's Kingdom Visits</p> <p>10:30 Shopping Big Lots Nanuet</p> <p>1:00 Peter Holmgren Entertains</p>	<p><b>17</b></p> <p>10:45 Bardonia Physical Therapy</p> <p>11:00 Aging Gracefully w/Pat</p> <p>1:00 Bingo w/Pat</p>	<p><b>18</b></p> <p>11:00 Alert and Alive w/Ms. Vivienne Dieckmann Decorating w/House Plants</p> <p>12:30 Marcia's Book Club</p> <p>1:00 Pokeno w/Pat</p>	<p><b>19</b></p> <p>10:30 ShopRite Shopping</p> <p>12:00 Thanksgiving Meal Prepared by Tappan Zee Lodge #79</p> <p>1:00 Kid's Kingdom Visits</p>	<p><b>20</b></p> <p>10:00 Word Search Challenge</p> <p>11:30 Laughter Matters</p> <p>1:00 We Are Grateful</p> <p>1:30 Breathing and Relaxation Stretches w/Pat</p>	
<p><b>23</b></p> <p>10:30 Clarkstown Shopping Mall New City</p> <p>11:00 Walking Club</p> <p>1:00 You Be The Judge w/Ayton Adler</p>	<p><b>24</b></p> <p>10:45 Bardonia Physical Therapy</p> <p>11:00 Big Crossword Puzzle</p> <p>1:00 Shake it Up w/Raphael!</p>	<p><b>25</b></p> <p>10:30 Colored Pencils and Paint</p> <p>11:00 Move w/Charlese</p> <p>1:00 Bingo</p>	<p><b>26</b></p> <p><b>HAPPY THANKSGIVING</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>27</b></p> <p><b>CENTER CLOSED</b></p>	
<p><b>30</b></p> <p>11:00 Alert and Alive w/Daly Flanagan Design a Terrarium</p> <p>1:00 Jeopardy</p>					

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