

JANUARY 2018

North Rockland Senior Center, 130 Samsondale Avenue, West Haverstraw, New York 10993/ 845-429-2090

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>1</p>  <p>CENTER CLOSED</p>	<p>2</p> <p>11:00 Blood Pressure 11:30 Exercise w/Barbara 1:00 Day at the Races</p>	<p>3</p> <p>11:00 Pokeno 1:00 Exercise w/Dolan</p> 	<p>4</p> <p>10:30 Trivia 11:30 Rafael 1:00 All Center Bingo</p>	<p>5</p> <p>10:30 Wii Bowling 11:30 Trash Tournament 1:15 Shop Rite - Stony Point</p>	<p>Programs are subject to change.</p> <p>Please note that van donations are not included in trip or party costs unless specifically stated.</p>
<p>8</p> <p>10:30 \$\$\$\$ Store 1:00 Produce Bingo</p>	<p>9</p> <p>10:30 "Senior Manners" Presentation given by Jean LaBosco 1:00 All Center Bingo</p>	<p>10</p> <p>10:30 Trip to Job Lot 1:00 Bean Bag Toss</p>	<p>11</p> <p>10:30 Dear Abby 11:00 Tai Chi w/Linda 1:00 Karen Beals sings Broadway</p>	<p>12</p> <p>10:30 Nutrition w/Gitty 12:30 Craft-Sun Catchers 1:15 Shop Rite - Garnerville</p>	
<p>15</p>  <p>CENTER CLOSED</p>	<p>16</p> <p>11:00 Exercise w/ Barbara 11:30 Nutrition with Pam 1:00 OFA Presentation: Understanding Long Term Care</p>	<p>17</p> <p>11:00 Exercise w/John 1:00 <u>Alert and Alive</u> Craft with Michele Olsen</p>	<p>18</p> <p>10:30 WHES Visits 11:30 Rafael 1:00 All Center Bingo</p>	<p>19</p> <p>It's National Popcorn Day!</p> <p>11:00 Wii Bowling 12:30 Price is Right 1:15 Shop Rite - Stony Point</p>	
<p>22</p> <p>A "Trip" to Italy... see the country (DVD), enjoy the food and learn the customs!</p>	<p>23</p> <p>Celebrate The 60's Day</p> <p>11:00 Eric Lipper sings 1:00 Music & Trivia - Everything 60's!</p>	<p>24</p> <p>Breakfast at Hogan's & Walmart in Monroe</p> <p>CENTER CLOSED</p>	<p>25</p> <p>11:00 Exercise w/Fabiola 1:00 Speaker -Mark Fry Topic: Pros and Cons of Independent Living (plus other topics)</p>	<p>26</p> <p>10:00 OFA Elder Law Day (Elder Law, Social Security, and more) 12:30 All Center Bingo 1:15 Shop Rite- Garnerville</p>	
<p>29</p> <p>10:30 Rockland Bakery/Freihofer's 11:00 10 Cents Bingo</p>	<p>30</p> <p>11:00 All Center Meeting 1:00 Get Crafty w/Barbara</p>	<p>31</p> <p>11:00 First Soup of the Winter-Bacon Potato Corn Chowder 1:00 All Center Bingo</p>			