



JULY 2018

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|--|---|--|---|---|--|
| <p style="text-align: right;">2</p> <p>First Day at Ramapo 11:00 Bingo 1:15 Nutrition w/Gitty</p> | <p style="text-align: right;">3</p> <p>11:00 Tai-Chi w/Linda 11:00 Pokeno 12:30 NR SAC- Welcome Party</p> | <p style="text-align: right;">4</p> <p style="text-align: center;">July 4th Holiday  CENTER CLOSED</p> | <p style="text-align: right;">5</p> <p>11:00 Pokeno 12:30 Rafael 1:00 Hed Banz 1:15 Shop Rite - Garnerville</p> | <p style="text-align: right;">6</p> <p>10:30 Blood Pressure 11:30 Trip to Applewood Winery (R) 1:00 All Center Bingo</p> | <p>We will be at the Ramapo Center from Mon. 7/2 until Fri. 8/10.</p> <p>484 New Hempstead Road, New City (845) 356-2244 DO NOT leave any messages at the North Rockland Center during our stay with Ramapo center, as no one will be there to receive them!</p> <p>Movie Day Sign-Up: 7/9-7/19</p> <p>Programs are subject to change.</p> |
| <p style="text-align: right;">9</p> <p>10:30 Shopping at Job Lot New City 1:00 Exercise w/Rafael</p> | <p style="text-align: right;">10</p> <p>10:30 All Center Bingo 11:00 Dominos/Uno 1:00 Day at The Races</p> | <p style="text-align: right;">11</p> <p>11:00 Art w/ Paul 1:00 Exercise w/Charlese and The Beatles</p> | <p style="text-align: right;">12</p> <p style="text-align: center;">PRIDE OF THE HUDSON BOAT RIDE NR CLOSED</p> | <p style="text-align: right;">13</p> <p>11:00 You be The Judge 1:00 Exercise w/Dolan 1:15 Shop Rite - Garnerville</p> | |
| <p style="text-align: right;">16</p> <p>10:30 Trash 11:00 Healthy Snack Bingo 1:00 Bean Bag Toss</p> | <p style="text-align: right;">17</p> <p>10:30 Walking at Haverstraw Bay Park 1:00 \$\$\$\$ Store</p> | <p style="text-align: right;">18</p> <p>11:00 Exercise w/John 1:00 All Center Bingo </p> | <p style="text-align: right;">19</p> <p>11:00 Pokeno 12:30 Rafael 1:00 Price is Right</p> | <p style="text-align: right;">20</p> <p>10:30 Visit Valley Rock Inn 1:00 Exercise w/Charlese 'Going to the Hop' 1:15 Shop Rite Garnerville</p> | |
| <p style="text-align: right;">23</p> <p style="text-align: center;">Movie Day: Mamma Mia! Here We Go Again & Lunch @ Posa Posa NR CLOSED</p> | <p style="text-align: right;">24</p> <p>10:30 Walking @ Haverstraw Park 1:00 Hula Hoop Contest -How long can you go?</p> | <p style="text-align: right;">25</p> <p>11:00 <u>Alert and Alive:</u> Gleeful Wellness w/Shomit 1:00 King's in the Corner</p> | <p style="text-align: right;">26</p> <p>11:00 Tai-Chi w/Linda 12:30 Nutritious Snacks For the Summer w/Francesca 1:30 Pokeno</p> | <p style="text-align: right;">27</p> <p>11:00 Rummikub 12:30 Ice Cream Social 1:00 Craft w/Minna 1:15 Shop Rite Garnerville</p> | |
| <p style="text-align: right;">30</p> <p>10:30 UNO 11:00 Entertainment by Peter Holmgren 1:00 Bingo</p> | <p style="text-align: right;">31</p> <p>10:30 Visit Conklin Orchards- Plants, Produce & Pastry 1:00 Musical History of the 50's w/Joey G</p> | | | | |

The North Rockland Senior Activity Center 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, Rockland County Office for the Aging, donations, grants and fees.