


NOVEMBER 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>2</p> <p>10:30 Crafts @ Haverstraw Library w/Debbie</p> <p>1:00 Visit HVHS Thrift Shop</p>	<p>3</p> <p>Lunch at Red Lobster and The Market Place Shops (Building Closed)</p>	<p>4</p> <p>11:00 Blood Pressure w/Carol</p> <p>1:00 You be The Judge w/Mr. Adler</p> <p>2:00 Current Issues</p>	<p>5</p> <p>11:00 ALERT & ALIVE Design a Terrarium w/Daly Flanagan</p> <p>1:00 All Center Bingo</p> <p>2:00 Bean Bag Toss (with prizes)</p>	<p>6</p> <p>10:30 Bardonia PT</p> <p>12:30 Reaching Your Goals Step by Step w/Sonia</p> <p>1:30 Shop Rite-Stony Point</p>	<p>Please note that van donations are not included in trip or party costs unless specifically stated.</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p> <p>Thanksgiving Meal November 19th. Please bring a dessert to share!</p>
<p>9</p> <p>11:00 ALERT & ALIVE Understanding Wine w/Mitchell Bittman</p> <p>1:00 Jig Saw Puzzles</p> <p>2:00 \$\$\$\$ Store</p>	<p>10</p> <p>11:00 Tai-Chi w/Linda</p> <p>1:00 Pokeno</p> <p>2:00 Keep Your Brain Young</p>	<p>11</p> <p>A Visit to Nyack Center (Building Closed)</p>	<p>12</p> <p>11:00 Sing a Long w/Marilyn</p> <p>1:00 All Center Bingo</p> <p>2:00 Uno</p>	<p>13</p> <p>10:30 Bardonia PT</p> <p>12:30 Nutrition Challenges and Solutions w/Sonia</p> <p>1:30 Shop Rite-Garnerville</p>	
<p>16</p> <p>10:30 Crafts @ Haverstraw Library w/Debbie</p> <p>1:00 10 Cents Bingo</p> <p>2:00 Keep Your Brain Young</p>	<p>17</p> <p>11:00 Speaker-Foster Grandparents Program</p> <p>1:00 All Center Bingo</p>	<p>18</p> <p>11:00 Exercise w/John Hood</p> <p>1:00 Cooking In The Kitchen: New England Clam Chowder Soup</p>	<p>19</p> <p>Thanksgiving Meal w/Dessert Table to Share</p> <p>11:30 Rafael</p> <p>1:00 Michelle Kleinman-Food Safety</p>	<p>20</p> <p>11:00 ALERT & ALIVE Decorating w/Houseplants</p> <p>12:30 Trash</p> <p>1:30 Shop Rite-Stony Point</p>	
<p>23</p> <p>10:00 Shopping @ Rockland Bakery/Freihofers</p> <p>1:00 Afternoon Stretch w/Charlese</p> <p>2:00 Dominos</p>	<p>24</p> <p>11:00 Tai-Chi w/Linda</p> <p>1:00 Guess Who????</p> <p>1:30 Shop Rite-Garnerville</p>	<p>25</p> <p>11:00 ALERT & ALIVE Transforming Dreams to Reality w/Dr. H. Korn</p> <p>1:00 Produce Bingo</p>	<p>26</p> <p>THANKSGIVING DAY</p> <p>CENTER CLOSED</p>	<p>27</p> <p>Day After Thanksgiving</p> <p>CENTER CLOSED</p>	
<p>30</p> <p>10:00 Shopping @ Xmas Tree Store</p> <p>1:00 10 Cents Bingo</p> <p>2:00 Flash</p>					

The North Rockland Senior Centers Program is a Division of Meals on Wheels Programs & Services of Rockland County