

JANUARY 2018

Nyack Senior Center, 90 Depew Ave, Nyack, NY 10960 (845) 353-1311

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|--|---|---|--|---|
| <p>1</p> <p>CENTER CLOSED NEW YEAR'S DAY</p>  | <p>2</p> <p>10:00 Trip to Shop Rite 11:00 Hot Tea Month 1:00 5 Cent Bingo</p> | <p>3</p> <p>10:00 Horoscopes for Fun! 11:00 Portuguese Quiz 12:30 Monthly Review 1:00 YMCA Exercise</p> | <p>4</p> <p>10:00 Farmers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo</p> | <p>5</p> <p>10:00 Trip to Shop Rite 11:00 Work on Winter Newsletter 1:00 YMCA Exercise</p> |  <p>Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games!</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  |
| <p>8</p> <p>10:00 Trip to Shop Rite 11:00 Magician and Lunch at the Clarkstown Senior Center 1:00 YMCA exercises</p> | <p>9</p> <p>10:00 Trip to Christmas Tree Shops 1:00 Music w/Jeffery!</p> | <p>10</p> <p>9:00 Breakfast w/Jo! 11:00 Art Exhibit at Nyack Library 1:00 YMCA Exercise</p> | <p>11</p> <p>10:00 Russian Quiz 10:30 Farmers Market 11:30 Rocking w/Rafael! 1:00 5 Cent Bingo</p> | <p>12</p> <p>10:00 Trip to Shop Rite 11:00 MLK Jr Documentary 1:00 YMCA Exercise</p> | |
| <p>15</p> <p>CENTER CLOSED Martin Luther King</p>  | <p>16</p> <p>10:00 Trip to Shop Rite 11:00 Exercise w/Miriam! 1:00 5 Cent Bingo</p> | <p>17</p> <p>10:00 Headstart Visit 12:15 Short story Nyack Library 1:00 Chair Yoga w/Marlene January Birthdays</p> | <p>18</p> <p>10:00 Farmers Market 11:00 Get Fit w/Fabiola! 1:00 Safety Talk with Dr. Elizabeth Johnson, PT</p> | <p>19</p> <p>10:00 Trip to Shop Rite 11:00 5 Cent Bingo 1:00 YMCA Exercise</p> <p>International Flower Day!</p> | |
| <p>22</p> <p>10:00 Trip to Shop Rite 11:00 Nutrition w/Gitty 1:00 YMCA Exercise</p> | <p>23</p> <p>10:00 Trip to Dollar Tree in Valley Cottage 11:00 Word Games 1:00 5 Cent Bingo</p> | <p>24</p> <p>9:30 Healthy New Year's Resolutions 10:30 ALERT AND ALIVE Michelle Olson Art! 1:00 YMCA EXERCISE</p> | <p>25</p> <p>10:30 What would you like to do in the Center for 2018? 11:15 Rocking w/Rafael! 1:00 5 Cent Bingo</p> | <p>26</p> <p>9:00 Senior Law Day by Office for the Aging in West Haverstraw 1:00 YMCA exercises</p> | |
| <p>29</p> <p>10:00 Trip to Shop Rite 11:00 Let's Do a Word Game! 1:00 YMCA Exercise Program</p> | <p>30</p> <p>9:30 National Oatmeal Month</p>  <p>11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo</p> | <p>31</p> <p>10:00 The Price is Right! 11:00 Manners Talk by Jean LaBosco 1:00 YMCA Exercises</p> |  |  | |

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