

FEBRUARY 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
			<p style="text-align: right;">1</p> <p>10:00 Farmers Market 11:00 Dancercise with Dolan! 1:00 5 Cent Bingo</p>	<p style="text-align: right;">2</p> <p>10:00 Trip to Shop Rite 11:00 Music w/Eric! 1:00 YMCA Exercises</p> <p style="text-align: center;">Ground Hog Day</p>	 Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE
<p style="text-align: right;">5</p> <p>10:00 Trip to Shop Rite 11:30 Ten Tips for Vegetarians 1:00 YMCA Exercises</p>	<p style="text-align: right;">6</p> <p>10:00 Work on Winter Newsletter 11:30 Horoscopes for Fun! 1:00 5 Cent Bingo</p>	<p style="text-align: right;">7</p> <p>9:00 Breakfast w/Jo! 11:00 Black History Month Quiz 1:00 Medicaid/LTC talk w/Darcy from Office for Aging</p>	<p style="text-align: right;">8</p> <p>10:30 Farmers Market 11:00 February Quiz 11:30 Rocking w/Rafael! 1:00 5 Cent Bingo</p>	<p style="text-align: right;">9</p> <p>10:00 Trip to Shop Rite 11:00 Winter Olympics Open! 1:00 Peter Holmes Music!</p>	
<p style="text-align: right;">12</p> <p>10:00 Trip to Shop Rite 11:30 Random Acts of Kindness Week 1:00 YMCA Exercises</p>	<p style="text-align: right;">13</p> <p>10:00 Marti Gras! 11:00 Baby Boomer Song Quiz 1:00 Painting w/Paul!</p>	<p style="text-align: right;">14</p> <p>10:00 Headstart Visit 10:30 Alert and Alive Lavender Program! 1:00 YMCA Exercises Ash Wednesday Valentine's Day</p>	<p style="text-align: right;">15</p> <p>10:00 Walk to Farmers Market 1:00 5 Cent Bingo 2:00 Meet w/Project Council</p>	<p style="text-align: right;">16</p> <p>10:00 Trip to Shop Rite 1:00 Memory Improvement w/Valley Hospital</p> <p style="text-align: center;">Chinese New Year!</p>	
<p style="text-align: right;">19</p> <p style="text-align: center;">CENTER CLOSED PRESIDENTS DAY</p> 	<p style="text-align: right;">20</p> <p>10:00 Trip to Shop Rite 11:00 Olympics Quiz 1:00 5 Cent Bingo</p>	<p style="text-align: right;">21</p> <p>10:30 Guess the Nations Quiz 12:15 Play Nyack Library 1:00 Chair Yoga w/Marlene FEB Birthdays!</p>	<p style="text-align: right;">22</p> <p>11:15 Rocking w/Rafael! 12:45 Monthly Review 1:00 5 Cent Bingo</p>	<p style="text-align: right;">23</p> <p>10:00 Trip to Shop Rite 11:30 Word Game 1:00 YMCA Exercises</p>	
<p style="text-align: right;">26</p> <p>10:00 Trip to Shop Rite 11:00 Let's Do a Word Game! 1:00 YMCA Exercises</p>	<p style="text-align: right;">27</p> <p>10:00 Coloring to Relax 11:00 Exercise w/Miriam 1:00 5 Cent Bingo</p>	<p style="text-align: right;">28</p> <p>10:00 This Day In History 11:30 Lunch at La Fontanas! 1:15 YMCA Exercises</p>			

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