






MARCH 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
			1 10:00 Farmers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo	2 10:00 Trip to Shop Rite 11:00 World Day of Prayer 1:00 YMCA Exercises	 Every Morning Starts with
5 10:00 Trip to Shop Rite 11:00 Horoscopes for Fun! 11:30 This Day in History 1:00 YMCA Exercises	6 10:00 March Quiz 12:00 Project Council Meets w/Jean 1:00 5 Cent Bingo	7 9:00 Breakfast w/Jo! 10:00 African American Oral Histories w/Bill Batson 1:00 YMCA Exercises	8 10:30 International Women's Day! 11:30 Rocking w/Rafael! 1:00 5 Cent Bingo	9 10:00 Trip to Shop Rite 11:00 Women's History Film 1:00 YMCA Exercises	Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE
12 10:00 Trip to Shop Rite 11:30 This Day in History 1:00 YMCA Exercises	13 11:00 Baby Boomer Song Quiz 1:00 Walk and Drive Safely with Melissa from Office for the Aging	14 10:00 Health program Dominican College 1:00 Medicare Presentation by Sean -Office for the Aging	15 10:00 Walk to Farmers Market 10:30 Nutrition Talk w/Gitty 1:00 5 Cent Bingo Ides of March!	16 10:00 Trip to Shop Rite 11:00 Irish Trivia 1:00 George Tuzzeo Music!	
19 10:00 Trip to Shop Rite 11:00 World Poetry Day! 1:00 YMCA Exercises	20 11:00 Music w/Georganne! 1:00 5 Cent Bingo First Day of Spring!	21 9:00 "Loving Vincent" at the Lafayette Theater in Suffern 1:00 Yoga w/Marlene SPRING TAG SALE	22 10:00 World Water Day! 11:15 Rocking w/Rafael! 1:00 Medicaid/LTC talk Darcy from Office for the Aging SPRING TAG SALE	23 10:00 Trip to Shop Rite 1:00 Alert and Alive Nutrition and Aging Talk w/Gina SPRING TAG SALE	
26 10:00 Trip to Shop Rite 11:00 Let's Do a Word Game! 1:00 YMCA Exercises	27 10:00 Coloring to Relax 11:00 Famous Women Quiz 1:00 5 Cent Bingo	28 10:00 Headstart Visit 11:30 Monthly Review 1:00 Tandy Leather Craft!	29 9:30 Walk to Farmers Market 11:00 Tai Chi w/John Hood 1:00 5 Cent Bingo	30 10:00 Trip to Shop Rite 11:00 Explore Women Artists 1:00 YMCA Exercises Good Friday	

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