





JUNE 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
				1 10:00 Trip to Shop Rite 11:00 Word Game 1:00 YMCA Exercises 2:00 Project Council meets w/Jo- Part 1	 Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE
4 10:00 Trip to Shop Rite 11:00 Wii Bowling 11:30 Horoscopes for Fun! 1:00 YMCA Exercises	5 11:00 Wii Bowling 12:00 Project Council Meeting w/Jean 1:00 5 Cent Bingo	6 10:00 Wii Bowling 11:30 Project Council meets members 1:00 Healthy Living - Body and Brain by Alzheimer's Association	7 10:00 Walk to Farmer's Market 11:00 Dancing w/Dolan! 1:00 5 Cent Bingo	8 10:00 Trip to Shop Rite 1:00 YMCA Exercises 2:00 Project Council meets w/Jo- Part 2	
11 10:00 Trip to Shop Rite 11:00 Wii Bowling 11:30 June Quiz- "Js" 1:00 Painting w/Paul!	12 11:00 Word in Words Quiz 11:30 Nutrition w/Pam 1:00 5 Cent Bingo	13 9:00 Breakfast w/Jo! 11:00 Things that Go Together Quiz 1:00 Volunteer Counseling Service Presentation	14 10:00 Trip to Shop Rite 11:30 Rocking w/Rafael! 1:00 Westchester Medical Center Fall Prevention Toolkit	15 Picnic at Bowline Park  CENTER CLOSED	
18 10:00 Trip to Shop Rite 11:00 Wii Bowling 11:30 Honoring Men 1:00 YMCA Exercises	19 10:00 Wii Bowling 11:00 Let's Do a Word Game 1:00 5 Cent Bingo	20 10:00 Wii Bowling 12:15 Nyack Library Play 1:00 Yoga w/Marlene	21 10:00 Walk to Farmers Market 11:00 Dancing w/Dolan! 1:00 5 Cent Bingo	22 10:00 Trip to Shop Rite 11:15 I Went to Market memory game 1:00 YMCA Exercises	
25 10:00 Trip to Shop Rite 11:00 Wii Bowling 1:00 YMCA Exercises	26 10:00 Coloring to Relax 11:00 Wii Bowling 1:00 5 Cent Bingo	27 10:00 Fun Riddles 11:00 ALERT and ALIVE Diane Hoch Cooking 1:00 YMCA Exercises	28 9:30 Walk to Farmers Market 11:30 Rocking w/Rafael 1:00 Nutrition with Michelle Kleinman	29 10:00 Trip to Shop Rite 11:00 Word Game 1:00 YMCA Exercises	

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