

JULY 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>2</p> <p>10:00 Trip to Shop Rite 11:15 Nutrition w/Gitty 1:00 YMCA Exercises</p>	<p>3</p> <p>10:00 Fun Riddle #34 Find the Hidden 11:00 Objects 1:00 5 Cent Bingo</p>	<p>4</p>  <p>CENTER CLOSED</p>	<p>5</p> <p>10:00 Walk to Farmers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo</p>	<p>6</p> <p>10:00 Trip to Shop Rite 11:00 Work on Summer Newsletter 1:00 YMCA Exercise</p>	 <p>Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE</p>
<p>9</p> <p>10:00 Trip to Shop Rite 11:00 Horoscopes for Fun! 1:00 YMCA Exercises</p>	<p>10</p> <p>11:00 Hearing Discussion w/Dr Shannon 1:00 5 Cent Bingo</p>	<p>11</p> <p>9:00  breakfast 11:00 Fraud Tips by Jo! 1:00 Rocking w/Rafael!</p>	<p>12</p> <p>9:00 Boat Trip!</p>  <p>CENTER CLOSED</p>	<p>13</p> <p>10:00 Trip to Shop Rite 11:00 Word Game 1:00 YMCA Exercise</p>	
<p>16</p> <p>10:00 Trip to Shop Rite 11:15 Finish the Melodies</p>  <p>1:00 YMCA Exercises</p>	<p>17</p> <p>10:00 Trip to Christmas Tree Shoppes 1:00 5 Cent Bingo</p>	<p>18</p> <p>10:00 Words in Word Games 11:00 Wii Bowling 1:00 Sleep Tips w/Valley Hospital</p>	<p>19</p> <p>10:00 Walk to Farmers Market 11:15 Words in Words Game 1:00 5 Cent Bingo</p>	<p>20</p> <p>10:00 Trip to Shop Rite 11:45 Special Lunch</p>  <p>1:00 YMCA Exercise</p>	
<p>23</p> <p>10:00 Trip to Shop Rite 11:15 History Quiz 1:00 ALERT AND ALIVE Gleeful Wellness Exercise Class</p>	<p>24</p> <p>10:30 Visit from Thorpe! Play for Thorpe members 11:15 members 1:00 5 Cent Bingo</p>	<p>25</p> <p>10:30 Wii Bowling- Members v Staff! 1:00 Healthy Neighborhood Program!</p>	<p>26</p> <p>11:15 Rocking with Rafael! 1:00 Volunteering Opportunities w/RSVP 1:30 5 Cent Bingo</p>	<p>27</p> <p>10:00 Trip to Shop Rite 11:15 Crafts! 1:00 Randy Acardi Performance!</p>	
<p>30</p> <p>10:00 Trip to Shop Rite 11:00 Tai Chi w/John Hood! 1:00 YMCA Exercise</p>	<p>31</p> <p>11:00 Let's Do a Word Game! 1:00 Music w/Jeffery!</p>				

The Nyack Senior Centers Program is a Division of Meals on Wheels Programs & Services of Rockland County Programs funded in part by the Administration on Aging, New York State Office for the Aging, donations, grants and fees.