

**OCTOBER 2017**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<b>2</b> 10:00 Trip to Shop Rite 11:00 Horoscopes for Fun! 1:00 YMCA Exercise	<b>3</b> 10:00 Trip to Christmas Tree Shops 1:00 5 Cent Bingo	<b>4</b> 9:00 Oktoberfest at Villa Roma 11:30 Play with Nyack Library 1:00 Nutrition Talk by Jaclyn	<b>5</b> 10:00 Farmers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo	<b>6</b> 10:00 Trip to Shop Rite 11:00 Art w/Kathy Bachelor! 1:00 YMCA Exercise	 Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! <b>PROGRAMS ARE SUBJECT TO CHANGE</b>
<b>9</b> 10:00 Trip to Shop Rite 11:30 12 Tips to Stay Happy 1:00 YMCA Exercise	<b>10</b> 10:30 Alert and Alive Art w/Wendy! 1:00 5 Cent Bingo	<b>11</b> 9:00 Dominican Health To Fair at Dominican 11:30 College! 1:00 YMCA Exercise	<b>12</b> 10:00 Farmers Market 11:30 Rocking w/Rafael 1:00 5 Cent Bingo	<b>13</b> 10:00 Trip to Shop Rite 11:00 Let's Do a Word Game 1:00 YMCA Exercise	
<b>16</b> 10:00 Flu Shot by Crystal Run 11:00 Trip to Shop Rite 1:00 YMCA Exercise National Bosses Day!	<b>17</b> 11:00 Dancing w/Charlese! 1:00 5 Cent Bingo	<b>18</b> 11:00 Healthy Living-Alzheimer's Talk and Luncheon 1:00 YMCA Exercise  October Birthdays	<b>19</b> 10:00 Walk to Framers Market 11:00 The Price is Right 1:00 Yoga w/Marlene	<b>20</b> 10:00 Trip to Shop Rite 11:00 Organizing Your Life w/Donna! 1:00 YMCA Exercise	
<b>23</b> 10:00 Trip to Shop Rite 11:30 Project Council Meets w/Jo 1:00 YMCA Exercise Program	<b>24</b> 10:00 Trip to Goodwill 1:00 5 Cent Bingo	<b>25</b> 10:00 Headstart Children Visit! 12:30 Monthly Meeting with Members 1:00 Therapeutic Drum Circles	<b>26</b> 10:00 Farmers Market 11:15 Rocking w/Rafael 1:00 5 Cent Bingo	<b>27</b> 10:00 Trip to Shop Rite 12:30 Senior Olympics To with Volunteer 2:30 NY!	
<b>30</b> 10:00 Trip to Shop Rite 10:30 Wii Bowling 1:00 YMCA Exercise Program	<b>31</b> 9:30 Breakfast w/Jo 10:30 Bingo 1:00 George Tuzzeo Music!  HALLOWEEN!				

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