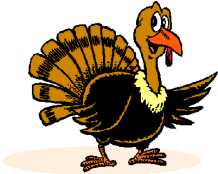


**NOVEMBER 2015**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p align="right"><b>2</b></p> <p>12:15 Come Get Your Nails Done! FREE! BOCES 1:00 Wii</p>	<p align="right"><b>3</b></p> <p>11:00 Balance w/Ronnie 1:00 5 Cent Bingo</p>	<p align="right"><b>4</b></p> <p>11:00 Bardonia PT 11:00 Alert &amp; Alive: Transforming Dreams into Reality 1:00 Tour Nyack: Presentation</p>	<p align="right"><b>5</b></p> <p>11:30 Rock With Rafael 1:00 5 Cent Bingo 1:30 Shop Rite</p>	<p align="right"><b>6</b></p> <p>11:00 "Who Let The Dogs Out" Petting Day Hi-Tor 1:00 Smoothie Workshop</p>	<p align="center">                       Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games!                      Dominoes                      Puzzles                      Cards                      Scrabble                      Rummikub   <b>PROGRAMS ARE SUBJECT TO CHANGE</b> </p>
<p align="right"><b>9</b></p> <p>10:00 Free Memory Screening and Education Event 1:00 Native American Flute Music</p>	<p align="right"><b>10</b></p> <p>10:00 Free Memory Screening and Education Event 11:00 Balance w/Ronnie 1:00 5 Cent Bingo</p>	<p align="right"><b>11</b></p> <p>11:00 Bardonia PT 11:00 Alert &amp; Alive: Decorating House Plants 1:00 Veterans Day Activity</p>	<p align="right"><b>12</b></p> <p>11:00 Yoga w/Meryl Hirsch 1:00 5 Cent Bingo 1:30 Shop Rite</p>	<p align="right"><b>13</b></p> <p>11:00 Senior Center Open House 1:00 Rockland County Emergency Services</p>	
<p align="right"><b>16</b></p> <p>11:00 Alert &amp; Alive: Understanding Wine 1:00 Nyack Historical Society Presentation</p>	<p align="right"><b>17</b></p> <p>11:00 Alert &amp; Alive: Design A Terrarium 1:00 5 Cent Bingo</p>	<p align="right"><b>18</b></p> <p>11:00 Bardonia PT 1:00 Ayton Adler: World of Our Fathers</p>	<p align="right"><b>19</b></p> <p>11:00 Fall Safety &amp; Prevention 12:00 Special Lunch by Tappan Zee Lodge 1:00 5 Cent Bingo</p>	<p align="right"><b>20</b></p> <p>1:00 Wii 1:00 Tai Chi</p>	
<p align="right"><b>23</b></p> <p>11:00 Going to the Movies 1:00 Jeopardy Challenge</p>	<p align="right"><b>24</b></p> <p>11:00 Balance w/Ronnie 1:00 5 Cent Bingo</p>	<p align="right"><b>25</b></p> <p>11:00 Bardonia PT 11:00 Music For Life: Creative Arts Therapy 1:00 What Are You Grateful For?</p>	<p><b>CLOSED FOR THANKSGIVING</b></p>	<p><b>CLOSED FOR THANKSGIVING</b></p>	
<p align="right"><b>30</b></p> <p>11:00 Holocaust Museum Trip 1:00 Arts &amp; Crafts</p>					

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