

**NOVEMBER 2017**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>National Gratitude Month</p> 		<p style="text-align: right;"><b>1</b></p> <p>10:00 Horoscopes for Fun! 12:30 Monthly Review 1:00 YMCA Exercise National Vegan Day</p>	<p style="text-align: right;"><b>2</b></p> <p>10:00 Farmers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo</p>	<p style="text-align: right;"><b>3</b></p> <p>10:00 Trip to Shop Rite 11:00 Rocking w/Rafael 1:00 Music w/Chris Durante!</p>	 <p>Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! <b>PROGRAMS ARE SUBJECT TO CHANGE</b></p>  <p><b>HAPPY THANKSGIVING</b></p>
<p style="text-align: right;"><b>6</b></p> <p>10:00 Trip to Shop Rite 11:00 Food Safety w/Gitty 1:00 YMCA Exercise</p>	<p style="text-align: right;"><b>7</b></p> <p>10:00 Trip to polls for Election Day! 11:00 Thanksgiving Quiz 1:00 5 Cent Bingo</p>	<p style="text-align: right;"><b>8</b></p> <p>9:00 Breakfast w/Jo! 10:00 Trip to Christmas Tree Shops 1:00 YMCA Exercise</p>	<p style="text-align: right;"><b>9</b></p> <p>10:00 Greek Yogurt Day 10:30 Farmers Market 11:30 Rocking w/Rafael 1:00 5 Cent Bingo</p>	<p style="text-align: right;"><b>10</b></p> <p>10:00 Trip to Shop Rite 11:00 Let's Do a Word Game! 1:00 YMCA Exercise</p>	
<p style="text-align: right;"><b>13</b></p> <p>10:00 Trip to Shop Rite 11:00 World Kindness Day 1:00 YMCA Exercise</p>	<p style="text-align: right;"><b>14</b></p> <p>10:00 Word Games 11:00 Dr Trinkoff Senior Stretching 1:00 5 Cent Bingo</p>	<p style="text-align: right;"><b>15</b></p> <p>10:00 Headstart Visit 11:30 Play w Library 1:00 Chair Yoga w/Marlene November Bdays <b>FALL TAG SALE</b></p>	<p style="text-align: right;"><b>16</b></p> <p>11:00 Foster Grandparents w/Keyana Noon Thanksgiving Meal till Tappan Zee Lodge 3PM #79 <b>FALL TAG SALE</b></p>	<p style="text-align: right;"><b>17</b></p> <p>10:00 Trip to Shop Rite 11:00 5 Cent Bingo 1:00 YMCA Exercise</p>	
<p style="text-align: right;"><b>20</b></p> <p>10:00 Trip to Shop Rite 11:30 Healthy Snacking 1:00 YMCA Exercise Program</p>	<p style="text-align: right;"><b>21</b></p> <p>10:00 Trip to Dollar Tree in Valley Cottage 11:00 Make a Scarecrow 1:00 5 Cent Bingo</p>	<p style="text-align: right;"><b>22</b></p> <p>10:00 The Price is Right! 11:30 Project Council meets w/Manager 1:00 YMCA EXERCISE</p>	<p style="text-align: right;"><b>23</b></p>  <p><b>CENTER CLOSED</b></p>	<p style="text-align: right;"><b>24</b></p>  <p><b>CENTER CLOSED</b></p>	
<p style="text-align: right;"><b>27</b></p> <p>10:00 Trip to Shop Rite 10:30 Wii Bowling 11:00 Discuss Nyack Library Art Exhibit 1:00 YMCA Exercise Program</p>	<p style="text-align: right;"><b>28</b></p> <p>10:30 ALERT AND ALIVE Master Portante 1:00 5 Cent Bingo</p>	<p style="text-align: right;"><b>29</b></p> <p>10:00 Flaming Grill and Buffet Trip to Newburgh 10:30 Music Therapy w/Jeffrey 1:00 YMCA Exercise</p>	<p style="text-align: right;"><b>30</b></p> <p>10:00 Origami at the West Nyack Library 1:00 5 Cent Bingo</p>		

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