








DECEMBER 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
				1 10:00 ALERT AND ALIVE MAKE A VOTIVE CANDLE 11:00 Trip to Shop Rite 1:00 YMCA Exercise	
4 10:00 Trip to Shop Rite 11:00 Tips for Healthy Holiday Eating 11:30 Horoscopes for Fun! 1:00 YMCA Exercise	5 10:00 Wii Bowling 11:00 ALERT AND ALIVE Cooking demo w/Diane Hoch 1:00 5 Cent Bingo	6 10:00 Work on Art for Nyack Library 1:00 Show Safety talk by Dr. Elizabeth Johnson, Dr. of PT	7 10:00 Walk to Farmers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo	8 10:00 Trip to Shop Rite 11:00 Let's Do a Word Game 1:00 YMCA Exercise	
11 10:00 Trip to Shop Rite 11:00 Medication Management w/Peter Fella 1:00 YMCA Exercise	12 10:00 Work on Art for Nyack Library 12:00 Show Nyack Rotary Luncheon at the Nyack Center!	13 10:00 Trip to Big Lots 11:30 Play with Nyack Library 1:00 Music w/Chris Durante!	14 10:00 Trip to Shop Rite 11:30 Rocking w/Rafael! 1:00 5 Cent Bingo	15 9:00 Elder Law Day at Till Good Samaritan Noon Hospital 1:00 YMCA Exercise 2:00 Project Council Meets w/Jo	Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE
18 10:00 Trip to Shop Rite 11:00 Rockland Waste Mgt Talk w/Jenn Sheridan 1:00 YMCA Exercise Program	19 10:00 Coloring to Relax 11:00 Holiday music exercise w/Charlese! 1:00 5 Cent Bingo	20 10:00 Headstart Children Visit! 10:30 Alert and Alive Bracelet making w/Amy! 12:00 Jo's Holiday Lunch	21 10:00 Walk to Farmers Market 11:00 Fun word Games 1:00 Yoga w/Marlene	22 10:00 Trip to Shop Rite 1:00 Center closes early 	
25  CENTER CLOSED	26 10:00 Trip to Shop Rite 11:00 Word Games 1:00 5 Cent Bingo Boxing Day!	27 10:00 Trip to Goodwill 11:30 Monthly Meeting with Members 1:00 Paul the Magician!	28 10:00 Farmers Market 11:15 Rocking w/Rafael! 1:00 5 Cent Bingo	29 10:00 Trip to Shop Rite  1:00 Center closes early	

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