

JANUARY 2018

Ramapo Senior Activity Center, 484 New Hempstead Road, New City, N.Y. 10956 (845) 356-2244

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
1 New Year's Day Center Closed	2 10:30 Wii Bowling 11:00 Pokeno 1:00 Exercise w/Rafael* 1:45 Trivia	3 11:00 Show and Tell (bring item to talk about) 1:00 Yoga w/Marlene 1:30 Word Games	4 10:30 Coupon Club 11:00 Bingo 1:00 Shopping at ShopRite	5 10:30 BP w/Carol 11:00 Let's Play: Pass the Pigs (prizes!) 1:00 Current Events Discussion	<p>Every day begins with: Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>*Sponsored by Friedwald Center</p> <p>Important Days: Wed., Feb. 14: Valentine's Day Party/Open House Bring a friend!</p> <p>Mon., Feb. 19: Presidents Day Center Closed</p>
8 10:30 Puzzles/Games 11:00 "Manners 101" w/Jean 1:00 Nutrition w/Gitty 1:30 Hangman	9 10:30 Wii Bowling 11:00 Pokeno 1:00 Shopping at Dollar Store	10 10:30 Puzzles/Games 11:00 Exercise w/Charlese 1:00 Craft w/Aileen 1:30 Let's Play: Price is Right	11 10:30 Coupon Club 11:00 Bingo 1:00 Shopping at ShopRite	12 11:00 Therapeutic Drums w/Connie 1:00 Tai Chi w/John Hood 1:45 Honoring MLK Jr.	
15 Martin Luther King Jr. Day Center Closed	16 10:30 Wii Bowling 11:00 Pokeno 1:00 Nutrition with Kim-Marie: Importance of Water	17 10:30 Spanish w/Julio 11:00 Alert & Alive: Creative Arts 12:30 Jan. Birthday Celebration 1:00 Shopping at Amazing Savings	18 10:30 Coupon Club 11:00 Video Concert 1:00 Shopping at ShopRite	19 10:30 Puzzles/Games 11:00 Just for Laughs: Bring Jokes to Share/Comedy Video 1:00 Bingo	
22 10:30 Paws for a Cause 11:00 Exercise with Dolan 1:00 Let's Play: Left, Right, Center w/Debbie (bring quarters)	23 10:30 Wii Bowling 11:00 Pokeno 1:00 Trip to Movies Details: TBA (pre-registration required)	24 10:30 Spanish w/Julio 11:00 Exercise with Charlese 1:00 Shopping at Dollar Store	25 10:30 Coupon Club 11:00 Bingo 1:00 Shopping at ShopRite	26 11:00 BEACH PARTY! Caribbean Steel Drums w/Justin Derman 1:00 Craft w/Aileen: Sand Art	
29 10:30 Games 11:00 Bingo 1:00 Exercise w/Rafael* 1:45 Ctr. Coun. Meeting	30 10:30 Wii Bowling 11:00 Pokeno 1:00 Shopping at Dollar Store	31 10:30 Spanish w/Julio 11:00 Lunch at Gilligan's (pre-registration required)			

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