

FEBRUARY 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes	
			1 10:30 Coupon Club 11:00 Preparing for Medicaid–Office of the Aging 1:00 Shopping at ShopRite	2 10:30 BP w/Carol 11:00 Musical Entertainment w/Rick Sawyer 1:00 Exercise w/Miriam	Every day begins with: Breakfast Café & Announcements PROGRAMS ARE SUBJECT TO CHANGE	
5 10:30 Puzzles/Games 11:00 Nutrition Talk: Vitamin D 1:00 Exercise w/Rafael* 1:30 Left/Right/Center (bring quarters)	6 10:00 Wii Bowling & Puzzles/Games 10:30 Alert & Alive: Creative Arts w/Michelle Olson 1:00 Pokeno	7 10:30 Spanish with Julio Puzzles/Games 11:00 Exercise with Brightview 1:00 Bingo	8 10:30 Coupon Club 11:15 Stretch w/Charlese 1:00 Shopping at ShopRite	9 10:30 Games 11:00 Concert at Rockland Conservatory 1:30 Music Appreciation		
12 10:30 Games/Puzzle 11:00 Shopping at Amazing Savings Coloring Time 1:00 Bingo	13 10:30 Wii Bowling 11:00 Pokeno 1:00 Shopping at Dollar Store	14 OPEN HOUSE 11:00 Music w/George Tuzzeo 1:00 Dance w/Charlese: Oldies but Goodies Ash Wednesday: St. Joseph's (time TBA)	15 11:00 Smarty Pants Daycare Presents: Black History Month 12:00 Black History Month Meal 1:00 Shopping at ShopRite	16 10:30 Games 11:00 Lunch at Hard Wok Café (pre-registration required: \$13/person)		*Sponsored by Friedwald Center
19 PRESIDENT'S DAY CENTER CLOSED	20 10:30 Pokeno 11:00 Nutrition w/Pam 1:00 Exercise w/Rafael* 1:30 Hangman	21 10:30 Spanish w/Julio 11:00 Bingo 12:00 Chinese New Year Meal 1:00 Alert & Alive: Lavender by CCE	22 10:30 Coupon Club 11:00 Trip to Nyack Farmers Market 1:00 Shopping at ShopRite	23 10:30 Games 11:00 Trip to Rockland Bakery 1:00 Craft w/Aileen		Save the Date: Wed., May 16: Westchester Dinner Theatre
26 10:30 Puzzles/Games 11:00 Musical Entertainment: Eric Lipper 1:00 Yoga with Marlene 1:45 Center Council Meeting	27 10:30 Wii Bowling 11:00 Arrive Alive Presentation 1:00 Shopping at Dollar Store	28 11:00 Hi-Tor Bowling 11:00 Left/Right/Center (bring quarters) 12:30 Feb. Birthday Celebration 1:00 Exercise w/Charlese: Motown				Wed., May 23: Power of Age at RCC
						Thurs., October 25: Oktoberfest

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