

**JULY 2018**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>2</b></p> <p><b>North Rockland SAC Arrives!</b></p> <p>10:30 Puzzles/Games 11:00 Bingo 1:15 Nutrition w/Gitty</p>	<p><b>3</b></p> <p>10:30 Wii Bowling 11:00 Pokeno 1:00 NR SAC Welcome Party: Caribbean Steel Drums w/Justin Derman</p>	<p><b>4</b></p> <p><b>CENTER CLOSED FOR JULY 4<sup>TH</sup> HOLIDAY</b></p>	<p><b>5</b></p> <p>10:30 Coupon Club 10:30 Puzzles/Games 11:00 Pokeno 1:00 Shopping at ShopRite</p>	<p><b>6</b></p> <p>10:30 BP Check 10:30 Puzzles/Games 11:30 <b>Trip to Applewood Winery</b> (pre- registration required: \$6)</p>	<p>Every day begins with: Breakfast Café &amp; Announcements</p> <p><b>PROGRAMS ARE SUBJECT TO CHANGE</b></p>
<p><b>9</b></p> <p>10:30 Puzzles/Games 11:00 Let's Play: Left, Right, Center 1:00 Exercise w/Rafael* 1:30 Bingo</p>	<p><b>10</b></p> <p>10:30 Wii Bowling 10:30 Matter of Balance Class** 11:00 Dominoes/UNO 1:00 Shopping at Dollar Store</p>	<p><b>11</b></p> <p>10:30 Spanish with Julio 11:00 Nutrition w/Francesca 1:00 Exercise w/Charlese: The Beatles***</p>	<p><b>12</b></p> <p>10:30 Coupon Club 11:00 Bill Quinn: Medicare, Medicaid, and Insurance 1:00 ShopRite</p>	<p><b>13</b></p> <p>10:30 Puzzles/Games 11:00 Karaoke: 1970s 1:00 Exercise w/Dolan Current Events 1:45 Chat</p>	 <p><b>Independence Day: July 4</b></p>
<p><b>16</b></p> <p>10:30 Paws for a Cause 10:30 Puzzles/Games 11:00 Let's Play Hangman 1:00 Shopping at Bed, Bath &amp; Beyond</p>	<p><b>17</b></p> <p>10:30 Wii Bowling 10:30 Matter of Balance Class** 11:00 Craft w/Aileen 1:00 Bingo</p>	<p><b>18</b></p> <p>10:30 Puzzles/Games 10:30 Spanish with Julio 11:00 <b>Trip to Golden Corral (pre- registration required: \$10)</b></p>	<p><b>19</b></p> <p>10:30 Coupon Club 10:30 Puzzles/Games 11:00 Pokeno 1:00 Shopping at ShopRite</p>	<p><b>20</b></p> <p>10:30 Puzzles/Games 11:00 Trip to Rockland Bakery 1:00 Exercise w/Charlese: Going to the Hop***</p>	<p>*Sponsored by Friedwald Center **Class is full; wait list only. ***Sponsored by Monsey Service Station</p>
<p><b>23</b></p> <p>10:30 Puzzles/Games 11:00 Shopping at T.J. Maxx/Big Lots 1:00 Exercise w/Rafael* 1:30 Trivia Time</p>	<p><b>24</b></p> <p>10:30 Wii Bowling 10:30 Matter of Balance Class** 11:00 No Bake Cooking w/Aileen 1:00 Dollar Store</p>	<p><b>25</b></p> <p><b>FREE BRUNCH</b> 10:30 Spanish with Julio 11:00 Alert &amp; Alive: Gleeful Wellness w/Shlomit 1:00 Shop at Christmas Tree Shop</p>	<p><b>26</b></p> <p><b>Pride of The Hudson Boat Trip</b> (Trip is full; wait list only)</p>	<p><b>27</b></p> <p>10:30 Puzzles/Games 11:00 Bingo 12:30 Ice Cream Social 1:00 Craft w/Minna &amp; Nat'l Council of Jewish Women Rockland Chapter</p>	<p><b>Mark Your Calendars:</b></p> <p><b>Tues., Aug. 21: National Senior Citizens Day Walk at Palisades Mall hosted by Rockland County Office for the Aging (OFA)</b></p>
<p><b>30</b></p> <p>10:30 Puzzles/Games 11:00 Entertainment: Peter Holmgren 1:00 Bingo 1:45 Center Council Meeting</p>	<p><b>31</b></p> <p>10:30 Wii Bowling 10:30 Matter of Balance Class** 11:00 Family Feud 1:00 Sing Along w/Joey G: 1950s</p>				<p><b>Fri., Sept. 14: OFA Senior Citizen Picnic at Haverstraw Bay Park (rain date: 9/21)</b></p> <p><b>Tues., Sept. 25: Boot Camp at RCC</b></p>

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