


NOVEMBER 2015

Ramapo Senior Center, 484 New Hempstead Road, New City, N.Y. 10956 (845) 356-2244 or 2224

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p style="text-align: right;">2</p> <p>AM Fall Prevention Class Video Concert PM Rafael/WC Bingo</p>	<p style="text-align: right;">3</p> <p>AM Exercise w/Rafael Puzzles/Pokeno Shop at Christmas PM Tree Shop</p>	<p style="text-align: right;">4</p> <p>AM Alert & Alive: Decorating w/Houseplants Exercise w/Charlese PM Hist. Markers w/Bob Goldberg</p>	<p style="text-align: right;">5</p> <p>AM Puzzles/Games Bardonía PT PM ShopRite</p>	<p style="text-align: right;">6</p> <p>AM Blood Pressure Healthy Breakfast Cooking Demo w/Diane Hoch PM Rafael/WC Emer. Prep. w/Chris Jensen</p>	<p>Every Morning Starts with: Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p> <div style="text-align: center;">  <p>Important Days</p> </div> <p>Wednesdays are Ramapo Center Spirit Days! Wear blue shirts to show your pride!</p> <p>Tuesday, Nov. 3: Election Day Wednesday, Nov. 11: Veterans Day Thursday, Nov. 26: Thanksgiving</p> <p>Mark your calendars: Holiday Party, Fri., 12/4</p>
<p style="text-align: right;">9</p> <p>AM Fall Prevention Class Current Events Chat PM Rafael/WC Bingo</p>	<p style="text-align: right;">10</p> <p>AM Morning Music Club Concert in Pearl River PM Lunch at Quinta Steakhouse</p>	<p style="text-align: right;">11</p> <p>AM Veterans Day: Wear Red, White & Blue Takeover Student Ministry Visits Exercise w/Charlese PM ShopRite</p>	<p style="text-align: right;">12</p> <p>AM Puzzles/Games Alert & Alive: Transform Your Dreams into Reality PM Bardonía PT</p>	<p style="text-align: right;">13</p> <p>AM Book Discussion at Haverstraw Library PM Rafael/WC Price is Right</p>	
<p style="text-align: right;">16</p> <p>AM Fall Prevention Class Paws for a Cause PM Rafael/WC Bingo</p>	<p style="text-align: right;">17</p> <p>AM Puzzles/Pokeno Diabetes w/Cert. R.D. Joan Schwegler PM Shop at Job Lots in New City</p>	<p style="text-align: right;">18</p> <p>AM Healthy Holiday Eating Tips PM November B-day Celebration ShopRite</p>	<p style="text-align: right;">19</p> <p>AM Puzzles/Games Alert & Alive: Design a Terrarium PM Thanksgiving Potluck Lunch Bardonía PT</p>	<p style="text-align: right;">20</p> <p>AM Breakfast at Dunkin' Donuts Trivia PM Rafael/WC Favorite Holiday Memories</p>	
<p style="text-align: right;">23</p> <p>AM Alert & Alive; Understanding Wine PM Rafael/WC Bingo</p>	<p style="text-align: right;">24</p> <p>AM Exercise with Rafael Puzzles/Pokeno PM Shop at Dollar Store</p>	<p style="text-align: right;">25</p> <p>AM That Nothing be Lost Thrift Shop in Garrison PM ShopRite</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">CENTER CLOSED</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">CENTER CLOSED</p>	
<p style="text-align: right;">30</p> <p>AM Jill's Ceramics Just for Laughs PM Rafael/WC Center Council Meeting</p>					

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