

JULY 2018

Thorpe Senior Activity Center Dominican Convent 175 Route 340 Sparkill, NY 845-359-4058 or 845-359-5801

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p style="text-align: right;">2</p> <p>9:45 History Genghis Khan</p> <p>12:45 Ceramics</p> <p>1:00 Rummique for Beginners</p> <p>1:00 Shop Rite Northvale</p>	<p style="text-align: right;">3</p> <p>9:45 Blood Pressure Screening</p> <p>10:30 Watercolor Painting w/Paul</p> <p>12:00 Pizza Party</p> <p>12:30 Music w/Rafael</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Happy 4th of July</p> 	<p style="text-align: right;">5</p> <p>10:00 Gentle Exercise w/Francine</p> <p>10:15 Farmer's Market Nyack</p> <p>11:00 Red Hat Gathering & Swap Shop</p> <p>1:00 Officers Meet</p>	<p style="text-align: right;">6</p> <p>10:00 Flex & Stretch w/Marion</p> <p>1:00 BINGO w/Donna</p> <p>1:00 Orangeburg – Post Office/CVS</p>	<p style="text-align: center;">SUMMER FAIR JULY 28 *****</p> <p style="text-align: center;">WATERCOLOR PAINTING W/ PAUL JULY 3 *****</p> <p style="text-align: center;">PIZZA PARTY MUSIC W/ RAFAEL JULY 3 *****</p> <p style="text-align: center;">BOAT RIDE CENTER CLOSED JULY 12 *****</p> <p style="text-align: center;">RABBI SCHEFF VISITS THORPE JULY 17 *****</p> <p style="text-align: center;">ALERT & ALIVE GLEEFUL WELLNESS JULY 18 *****</p> <p style="text-align: center;">THORPE VISITS NYACK SENIOR ACTIVITY CENTER JULY 24 *****</p> 
<p style="text-align: right;">9</p> <p>9:45 History The State of Washington</p> <p>12:45 Ceramics</p>	<p style="text-align: right;">10</p> <p>10:30 Senior Self Defense w/Ray Portante</p> <p>1:00 General Membership Meeting</p>	<p style="text-align: right;">11</p> <p>10:00 Literature A Man Called Ove Chapters 31 - 35</p> <p>1:00 What's Available for Seniors? BHRT</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Boat Ride</p> <p style="text-align: center;">Center Closed</p>	<p style="text-align: right;">13</p> <p>10:00 Physical Fitness w/Miriam</p> <p>1:00 Paws for a Cause Therapy Dog w/Pat</p>	
<p style="text-align: right;">16</p> <p>9:45 History Weapons of Barbarians</p> <p>12:45 Ceramics</p> <p>1:00 Rummique for Beginners</p> <p>1:00 Stop & Shop Orangeburg</p>	<p style="text-align: right;">17</p> <p>10:30 A Visit from Rabbi Scheff</p> <p>12:30 Stephanie Romm Sings</p>	<p style="text-align: right;">18</p> <p>10:00 Literature A Man Called Ove Chapters 36 - End</p> <p>10:15 Rummique</p> <p>1:00 Alert & Alive - Gleeful Wellness w/Shlomit Oren</p>	<p style="text-align: right;">19</p> <p>10:00 Christmas Tree Shop</p> <p>10:00 Thursday Movie Arsenic & Old Lace</p> <p>1:00 Dancercise w/Rafael</p>	<p style="text-align: right;">20</p> <p>10:00 Exercise w/Carmen</p> <p>11:30 Grand Buffet Ramsey</p> <p>1:00 BINGO w/Donna</p> <p>1:00 Orangeburg – Post Office/CVS</p>	
<p style="text-align: right;">23</p> <p>9:45 History Oregon</p> <p>12:45 Ceramics</p> <p>1:00 Shoprite Northvale</p> <p>1:00 Nutritional Program with Gitty</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Thorpe Visits Nyack Senior Activity Center</p> <p style="text-align: center;">Preparation for Fair</p>	<p style="text-align: right;">25</p> <p>10:00 Literature Video – “A Man Called Ove”</p> <p>10:15 Rummique</p> <p>1:00 Modern Moves w/Charlese</p>	<p style="text-align: right;">26</p> <p>10:15 Farmer's Market Nyack</p> <p>1:00 Tai Chi w/John Hood Preparation for Fair</p>	<p style="text-align: right;">27</p> <p>10:00 Centering Circle w/Ellie</p> <p>11:00 Prepare for Fair</p> <p>1:00 Orangeburg – Post Office/CVS Preparation for Fair</p>	
<p style="text-align: right;">30</p> <p>9:30 History Modern Marvels</p> <p>12:45 Ceramics</p> <p>1:00 Shop Rite Northvale</p>	<p style="text-align: right;">31</p> <p>9:45 Blood Pressure Screening</p> <p>10:30 “Our View” w/Pat</p> <p>12:45 Make Root beer Floats</p>				

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

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