

MAY 2017

Nyack Senior Center, 90 Depew Ave, Nyack, NY 10960 (845) 353-1311

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>1</p> <p>10:00 Trip to Shop Rite 11:00 Horoscopes for Fun! 1:00 YMCA Program</p>	<p>2</p> <p>10:00 Wii Bowling 10:30 Trip to Good will 1:00 5 Cent Bingo</p>	<p>3</p> <p>10:00 Wii Bowling 11:00 Alert & Alive: Cooking Class w/Diane Hoch! 1:00 YMCA Program</p>	<p>4</p> <p>10:00 Trip to Shop Rite 11:00 Walk to Farmers Market 1:00 5 Cent Bingo</p>	<p>5</p> <p>10:00 Cinco De Mayo at the Clarkstown Sr Activity!</p> 	 <p>Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE</p> 
<p>8</p> <p>10:00 Trip to Shop Rite 11:00 Alert & Alive: Dr. Shah, Neurologist 1:00 YMCA Program</p>	<p>9</p> <p>10:00 Nyack Hospital Thrift Shop 11:00 Wii Bowling 1:00 5 cent Bingo</p>	<p>10</p> <p>10:00 Wii Bowling 10:30 Let's Paint a Wooden Butterfly! 1:00 YMCA Program</p>	<p>11</p> <p>10:00 Spring Safety Tips 11:30 Rock w/Rafael 1:00 5 Cent Bingo</p> 		
<p>15</p> <p>10:00 Trip to Shop Rite 11:00 Wii Bowling 1:00 YMCA Program</p>	<p>16</p> <p>10:30 5 Cent Bingo 1:00 Alert & Alive: Make Tibetan Prayer Flag</p> 	<p>17</p> <p>10:15 Headstart Children Visit! 11:00 Let's make a Pom Pom Mat! 1:00 YMCA Program</p>	<p>18</p> <p>10:00 Walk to Framers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo</p>	<p>19</p> <p>10:00 Trip to Shop Rite 11:00 Word Games 1:00 YMCA program</p>	
<p>22</p> <p>10:00 Trip to Shop Rite 11:00 Reading Food Labels w/Gitty 1:00 YMCA Program</p>	<p>23</p> <p>10:00 Trip to Dollar Tree 11:00 Wii Bowling 1:00 Play with Nyack Library</p>	<p>24</p> <p>9:00 Power of Age at Rockland Community College Center Closed</p>	<p>25</p> <p>9:00 Westchester Dinner Theater- Mamma Mia! 11:15 Rock w/Rafael 1:00 5 Cent Bingo</p>	<p>26</p> <p>10:00 Trip to Shop Rite Noon Pizza Party! 1:00 YMCA program</p>	
<p>29</p> <p>CENTER CLOSED MEMORIAL DAY</p> 	<p>30</p> <p>10:00 Trip to Shop Rite 11:00 Memory Game 1:00 5 Cent Bingo</p>	<p>31</p> <p>10:00 Wii Bowling 11:00 Smoothies w/Sonia! 1:00 YMCA Program</p>			

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