

JULY 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>3</p> <p>10:00 Trip to Shop Rite 11:15 "FREEDOM" what does it mean to you? 2:00 Center Closes Early</p>	<p>4</p> <p>Independence Day!</p>  <p>CENTER CLOSED</p>	<p>5</p> <p>10:00 Wii Bowling 11:00 Horoscopes for Fun! 1:00 YMCA Exercise</p>	<p>6</p> <p>10:00 Walk to Farmers Market 11:30 Project Council meets with Jo 1:00 5 Cent Bingo</p>	<p>7</p> <p>10:00 Trip to Shop Rite 11:00 Wii Bowling 1:00 YMCA Exercise 1:45 Popsicle Snack</p>	 <p>Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE</p> 
<p>10</p> <p>10:00 Trip to Shop Rite 11:00 Let's Do a Word Game! 1:00 YMCA Exercise</p>	<p>11</p> <p>10:00 Coloring to Relax Wii Bowling 11:00 Dance w/Dolan! 1:00 5 Cent Bingo</p>	<p>12</p> <p>10:00 Trip to Big Lots! 11:00 Wii Bowling 1:00 VCS Talk Summer Tag Sale!</p>	<p>13</p> <p>10:00 Farmers Market 11:30 Rocking w/Rafael! 1:00 5 Cent Bingo North Rockland Visiting!</p>	<p>14</p> <p>10:00 Trip to Shop Rite 11:00 XYLOPHONE Performance with Clarkstown! 1:00 YMCA Exercise</p>	
<p>17</p> <p>10:00 Trip to Shop Rite 11:00 Wii Bowling 1:00 YMCA Exercise Program</p>	<p>18</p> <p>11:00 Dancing with the Beach Boys and Charlese! 1:00 5 Cent Bingo</p>	<p>19</p> <p>10:00 Wii Bowling 12:30 Play with Nyack Library 1:00 Karen Beals Music! July Birthdays</p>	<p>20</p> <p>10:00 Walk to Framers Market 11:00 Water vs Sugary Beverages w/Gitty! 1:00 5 Cent Bingo</p>	<p>21</p> <p>10:00 Trip to Shop Rite 11:00 Work on Pom Pom Mat 1:00 YMCA Exercise</p>	
<p>24</p> <p>10:00 Trip to Shop Rite 11:00 Music Quiz- Part 1 1:00 YMCA Exercise</p>	<p>25</p> <p>10:00 Wii Bowling 11:15 Rocking w/Rafael! 1:00 5 Cent Bingo</p>	<p>26</p> <p>10:00 Breakfast w/Jo 11:00 Wii Bowling 1:00 Caricatures w/Dan!</p>	<p>27</p> <p>BOAT TRIP ALONG THE HUDSON</p> <p>CENTER CLOSED</p>	<p>28</p> <p>10:00 Trip to Shop Rite 1:00 Word Games and Iced Tea 1:00 YMCA Exercise Program</p>	
<p>31</p> <p>10:00 Trip to Shop Rite 10:30 Wii Bowling 11:00 Music Quiz- Pt 2 1:00 YMCA Exercise Program</p>					

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