

AUGUST 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	1 10:30 Alert and Alive w/Michelle Olson- Art Project! 1:00 5 Cent Bingo	2 10:00 Mailing Party for Boot Camp 11:30 Gedney St Project Presentation 1:00 George Tuzzeo Music!	3 10:00 Walk to Farmers Market 11:30 Horoscopes for Fun! 1:00 Chair Yoga with Marlene	4 10:00 Trip to Shop Rite 11:00 Wii Bowling 1:00 YMCA Exercise	 Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games! PROGRAMS ARE SUBJECT TO CHANGE
7 10:00 Trip to Shop Rite 11:00 Let's Do a Word Game! 1:00 YMCA Exercise	8 10:00 Coloring to Relax 11:00 Dancercise w/Charlese- Elvis Theme 1:00 5 Cent Bingo	9 10:00 Trip to Christmas Tree Shops! 11:30 Project Council meets w/Jo 1:00 YMCA Exercise	10 10:00 Farmers Market 11:30 Rocking w/Rafael! 1:00 Senior Self Defense w/Master Portante	11 10:00 Trip to Shop Rite 11:00 Heart Healthy Tips by Danielle Mignone 1:00 YMCA Exercise	
14 10:00 Trip to Shop Rite 11:00 Things that Go Together Quiz- Part 1 1:00 YMCA Exercise Program	15 10:00 Wii Bowling 11:00 Marilyn Arnold Music! 1:00 5 Cent Bingo	16 10:00 Wii Bowling 12:30 Play with Nyack Library 1:00 YMCA Exercise	17 10:00 Nyack Hospital Thrift Shop 11:15 Balance w/Sharon 1:00 5 Cent Bingo	18 10:00 Trip to Shop Rite 11:00 Work on Pom Pom Mat 1:00 YMCA Exercise	
21 9:00 National Senior Citizens Day at Palisades Mall!!! 1:00 YMCA Exercise Program	22 10:00 Trip to Shop Rite 11:30 Nutrition w/Pam 1:00 5 Cent Bingo	23 EMPIRE CASINO! 	24 10:00 Walk to Nyack Farmers Market 11:15 Rocking w/Rafael 1:00 5 Cent Bingo	25 10:00 Trip to Shop Rite 11:00 Word Games and Iced Tea 1:00 YMCA Exercise Program	
28 10:00 Trip to Shop Rite 10:30 Wii Bowling 11:00 Things that Go Together- Pt 2 1:00 YMCA Exercise Program	29 10:00 "Florence" The Movie 1:00 5 Cent Bingo	30 9:00 Breakfast w/Jo 10:00 Trip to Christmas Tree Shops 1:00 YMCA Exercise	31 10:00 Nyack Farmers Market 11:00 Dancercise w/Dolan 1:00 5 Cent Bingo		

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