

SEPTEMBER 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
		<p align="center"><b>NATIONAL SENIOR CENTER MONTH!</b></p>		<p align="right"><b>1</b></p> 10:00 Trip to Shop Rite 11:00 Let's Do a Word Game! 1:00 YMCA Exercise	 <p align="center">Every Morning Starts with Nyack Café, Social Hour, Announcements, and Games!</p> <p align="center"><b>PROGRAMS ARE SUBJECT TO CHANGE</b></p> 
<p align="right"><b>4</b></p> 	<p align="right"><b>5</b></p> 10:00 Trip to Shop Rite 12:00 Project Council Meets w/Jean 1:00 5 Cent Bingo	<p align="right"><b>6</b></p> 11:00 Alert and Alive Dental Hygiene 12:30 Monthly Review w/Staff 1:00 YMCA Exercise	<p align="right"><b>7</b></p> 10:00 Farmers Market 11:00 Dancercise w/Dolan! 1:00 5 Cent Bingo	<p align="right"><b>8</b></p> 10:00 Trip to Shop Rite 11:00 Horoscopes for Fun! 1:00 YMCA Exercise	
<p align="right"><b>11</b></p> 10:00 Trip to Shop Rite 11:00 Fiber Talk by Gitty 1:00 YMCA Exercise 	<p align="right"><b>12</b></p> <p align="center"><b>Office for the Aging Picnic!</b></p> 	<p align="right"><b>13</b></p> 10:00 Wii Bowling 12:30 Play with Nyack Library 1:00 Yoga w/Marlene	<p align="right"><b>14</b></p> 10:00 Walk to Framers Market 11:30 Rocking w/Rafael 1:00 5 Cent Bingo	<p align="right"><b>15</b></p> 10:00 Trip to Shop Rite 11:00 Bring in a rock to paint! 1:00 YMCA Exercise	
<p align="right"><b>18</b></p> 10:00 Trip to Shop Rite 11:00 Tips for Dealing with Forgetfulness 1:00 YMCA Exercise Program	<p align="right"><b>19</b></p> <p align="center"><b>5<sup>th</sup> Annual Senior Boot Camp!</b></p> 	<p align="right"><b>20</b></p> 10:00 Headstart Children Visit! 12:30 Library Book Club 1:00 YMCA Exercise September Birthdays!	<p align="right"><b>21</b></p> 11:00 Nutrition Talk w/Nancy 1:00 Dancercise w/Charlese <p align="center"><b>Rosh Hashanah</b></p>	<p align="right"><b>22</b></p> 10:00 Trip to Shop Rite 11:00 Word Games and Iced Tea 1:00 YMCA Exercise Program First Day of Fall!	
<p align="right"><b>25</b></p> 10:00 Trip to Shop Rite 10:30 Wii Bowling 1:00 YMCA Exercise Program	<p align="right"><b>26</b></p> 10:30 5 Cent Bingo 1:15 Dancercise w/Charlese "Nat King Cole"!	<p align="right"><b>27</b></p> 9:00 Breakfast w/Jo 10:00 Trip to Christmas Tree Shops 1:00 Randy Acardi Music!	<p align="right"><b>28</b></p> 10:00 Walk to Nyack Farmers Market 11:15 Rocking w/Rafael 1:00 5 Cent Bingo <p align="center"><b>Yom Kippur</b></p>	<p align="right"><b>29</b></p> 10:00 Trip to Shop Rite 11:00 National Biscotti Day! 1:00 YMCA Exercise	

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