

January 2022

Clarkstown/Pearl River Senior Activity Center, 121 West Nyack Road, Nanuet, NY 10954 (845) 624-6334

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p style="text-align: right;">3</p> <p>AM Puzzles/Games Let's Play: Charades PM Tai Chi with John Hood</p>	<p style="text-align: right;">4</p> <p>AM Wii Bowling Pokeno PM Let's Play: Would You Rather?</p>	<p style="text-align: right;">5</p> <p>AM Puzzles/Games Chair Yoga with Inga PM Let's Play: Bingo</p>	<p style="text-align: right;">6</p> <p>AM Shopping at Dollar Store Or Table Games PM Let's Play: Bingo</p>	<p style="text-align: right;">7</p> <p>AM Exercise with Charlese: 50s & 60s PM Let's Play: Great Minds Think Alike</p>	<p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>Please remember to update Senior Activity Center Staff of any changes to your address, phone, emergency contact information or medications.</p>
<p style="text-align: right;">10</p> <p>AM Puzzles/Games Nutrition with Gitty PM Chair Exercise with Music</p>	<p style="text-align: right;">11</p> <p>AM Social Worker Visit Group Crossword Puzzle PM Let's Play: Bingo</p>	<p style="text-align: right;">12</p> <p>AM Book Club with Marcia Puzzles/Games PM Let's Play: Words in Words</p>	<p style="text-align: right;">13</p> <p>AM Intro to Bridge with Marty PM Murder Mystery Game</p>	<p style="text-align: right;">14</p> <p>AM Shopping at Trader Joe's Or Complete the Phrase PM Let's Play: Bingo</p>	
<p style="text-align: center;">17</p> <p style="text-align: center;">Center Closed for Martin Luther King, Jr. Day</p>	<p style="text-align: right;">18</p> <p>AM Trip to Planetarium (pre-registration required) Or Wii Bowling/Pokeno PM Let's Play: Bingo</p>	<p style="text-align: right;">19</p> <p>AM DOUBLE PRIZE BINGO PM January B-Days Musical Entertainment by Eric Kerksen</p>	<p style="text-align: right;">20</p> <p>AM Shopping at Stew Leonard's Or Pet Therapy with Evelyn PM Exercise with Weights</p>	<p style="text-align: right;">21</p> <p>AM Snowman Sock Craft PM Let's Play: Have You Ever?</p>	
<p style="text-align: right;">24</p> <p>AM Coloring & Music PM Lunch at IHOP (pre-registration required) Let's Play: Wheel of Fortune</p>	<p style="text-align: right;">25</p> <p>AM Exercise with Miriam PM Let's Play: Bingo</p>	<p style="text-align: right;">26</p> <p>AM Fishkill Endovascular Talk on Peripheral Artery Disease PM Steel Drums w/ Justin Derman</p>	<p style="text-align: right;">27</p> <p>AM Author Visit: Dawn Barclay PM No Bake Oreo Balls</p>	<p style="text-align: right;">28</p> <p>AM Shopping at Target Or Dear Abby PM Let's Play: Bingo</p>	
<p style="text-align: right;">31</p> <p>AM Let's Play: Bingo PM Member Meeting: Calendar Review</p>					

This program is supported in part by the Rockland County Office for the Aging, the New York State Office for the Aging, the Administration on Aging and the County of Rockland. Contributions are voluntary and confidential and used to expand services. Services will not be denied if unable or unwilling to contribute. For those who self-disclose income at or above 185 percent of the Federal Poverty Level, the suggested contribution is equal to the service cost.