


January 2022

Ramapo Senior Activity Center, 484 New Hempstead Road, New City, NY 10956 (845) 356-2244

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
*3 AM Puzzles/Games Let's Play: Charades PM Tai Chi with John Hood	*4 AM Wii Bowling Pokeno Social Worker: Jeanette PM Let's Play: Would You Rather?	*5 AM Puzzles/Games Chair Yoga with Inga PM Let's Play: BINGO!	*6 AM Shopping at Dollar Store Or Table Games PM Let's Play: BINGO!	*7 AM Exercise with Charlese: 50s & 60s PM Let's Play: Great Minds Think Alike	<p>Every day begins with Breakfast Café &amp; Announcements</p> <p><b>PROGRAMS ARE SUBJECT TO CHANGE</b></p>  <p><b>*During the week of 1/3-1/7, the Ramapo Senior Activity Center (SAC) will be meeting at the Clarkstown/Pearl River SAC, 121 West Nyack Rd, Nanuet, NY 10954 845-624-6334</b></p>
10 AM Puzzles/Games Or Shopping at TJ Maxx PM Project Hope Guest Speaker	11 AM Wii Bowling Pokeno PM Let's Play: BINGO!	12 AM Group Puzzles or Shopping at ShopRite PM Let's Play: Left, Right, Center (bring your quarters)	13 AM Pet Therapy or Bowling @ New City Bowl (pre-register) PM Let's Play: Family Feud	14 AM Exercise w/ Charlese: Sam Cooke PM Let's Play: BINGO!	
17 <b>Center Closed for Martin Luther King, Jr. Day</b>	18 AM <b>Trip to Planetarium</b> (pre-registration required) Or Wii Bowling/Pokeno PM Let's Play: BINGO!	19 AM Musical Entertainment with Jimmy Walsh PM Pizza Party January B-days Craft with Eileen	20 AM Shopping at Good Will or Coloring PM Let's Play: BINGO!	21 AM Puzzles/Games PM <b>Lunch @ The Pancake Factory</b> (pre-registration required) or Let's Play: Scattergories	
24 AM Puzzles/Games Nutrition w/ Gitty PM No Bake: Energy Balls	25 AM Wii Bowling Pokeno PM Dance with Rafael!	26 AM <b>LUAU</b> Caribbean Steel Drums w/Justin Derman PM Let's Play: BINGO!	27 AM Shopping at Dollar Tree or Word Games PM Author Visit: Dawn Barclay	28 <b>50/50 Friday!</b> AM Exercise with Miriam PM Let's Play: BINGO!	
31 AM Puzzles/Games Let's Play: BINGO! PM Center Member Meeting: Calendar Review					

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.