

May 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>2</p> <p>AM Puzzles/Games Exercise to Music PM Let's Play: Bingo</p>	<p>3</p> <p>AM Puzzles/Games Wii Bowling PM Let's Play: Name That Tune</p>	<p>4</p> <p>AM Puzzles/Games Let's Play: Charades PM Ice Breakers: Two Truths and a Lie</p>	<p>5</p> <p>AM Cinco de Mayo Trivia/Craft PM Cinco de Mayo Lunch Exercise w/ Weights</p>	<p>6</p> <p>AM Pipe Cleaner Flower Craft PM Mother's Day Lunch Let's Play: Bingo</p>	<p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>Senior Day at Clover Stadium, Home of the New York Boulders Wednesday, June 1. Gates open at 9:30 AM. Game starts at 10:30 AM. Pre-registration required.</p>
<p>9</p> <p>AM Puzzles/Games Word Games PM School Day Memories</p>	<p>10</p> <p>AM Puzzles/Games Let's Play: Bingo PM Exercise with Susan Peretz</p>	<p>11</p> <p>AM Puzzles/Games Dear Abby Advice Column PM Let's Play: Bingo</p>	<p>12</p> <p>AM Puzzles/Games No Bake Twinkie Cake PM Let's Play: Fact or Fiction</p>	<p>13</p> <p>AM Puzzles/Games Friday the 13th Trivia PM Let's Play: What's My Line?</p>	
<p>16</p> <p>AM Puzzles/Games Scattergories PM Exercise w/ Rafael (sponsored by Stern at Home Therapy)</p>	<p>17</p> <p>AM Puzzles/Games Social Worker Jeanette Visits PM Bean Bag Toss</p>	<p>18</p> <p>AM Musical Entertainment with Peter Holmgren PM May B-days Pizza Party Let's Play: Bingo</p>	<p>19</p> <p>AM Geometric Painting on Canvas PM Let's Play: Bingo</p>	<p>20</p> <p>AM Puzzles/Games Exercise with Charlese PM Let's Play: Wheel of Fortune</p>	
<p>23</p> <p>AM Puzzles/Games Self Defense with Master Portante PM Let's Play: Bingo</p>	<p>24</p> <p>AM Puzzles/Games Let's Play: The Price is Right PM Tai Chi with John Hood</p>	<p>25</p> <p>AM Nutrition Talk with Gitty PM Canvas Painting: Lavender Flowers</p>	<p>26</p> <p>AM Puzzles/Games Group Crossword Puzzle PM Let's Play: Bingo</p>	<p>27</p> <p>AM Science Fun with Janice: Sink or Float PM Pictionary</p>	
<p>30</p> <p>Memorial Day Center Closed</p>	<p>31</p> <p>AM Puzzles/Games Center Member Mtg: Calendar Review PM Musical Entertainment with Eric Lipper</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.