


July 2022

Clarkstown/Pearl River Senior Activity Center, 121 West Nyack Road, Nanuet, NY 10956 (845) 624-6334

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
				1 AM Exercise w/ Dolan (sponsored by MVP Healthcare) PM Canvas Painting: Fireworks	<p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>Clarkstown/Pearl River Senior Activity Center is open Monday-Friday, 10:00 AM – 2:00 PM.</p> <p>Please be sure to make your meal and transportation reservations 2 business days in advance.</p>
4 Center Closed for Independence Day	5 AM Social Worker Jeanette Visits Group Crossword Puzzle PM Tai Chi w/ John Hood	6 AM Puzzles/Games No Bake Demo: Mixed Berry Icebox Cake PM Let's Play: Bingo	7 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Taboo	8 AM Puzzles/Games Speaker: Understanding Mental Illness PM Let's Play: Bingo	
11 AM Shopping at Trader Joe's or Coloring to Music PM Let's Play: Price is Right	12 AM Puzzles/Games Current Events Talk PM Let's Play: Bingo	13 AM Puzzles/Games Book Club with Marcia PM Let's Play: Family Feud	14 AM Puzzles/Games Let's Play: Pig Toss Game (prizes!) PM Let's Play: Bingo	15 AM Puzzles/Games Pet Therapy with Evelyn PM Meditation w/ Chris Dempsey	
18 AM Puzzles/Games Let's Play: Bingo PM Medicare Presentation: Mark Brownstein	19 AM Puzzles/Games Shopping at T.J. Maxx PM Let's Play: Tri-Bond	20 AM Let's Play: Bingo PM Pizza Party July B-Day's Musical Entertainment w/ Justin Derman	21 AM Shopping at Dollar Tree or Table Games PM Let's Play: Wheel of Fortune	22 AM Exercise w/ Charlese: Line Dancing PM Let's Create: Ice Cream Cone Bird Feeders	
25 AM Nutrition Talk with Gitty PM Center Member Meeting: Calendar Review Let's Play: Bingo	26 AM Musical Entertainment w/ Ray Longchamp PM Reading & Discussion of <i>Hearts and Hands</i>	27 AM Puzzles/Games Let's Create: Summer Wind Chime Craft PM Let's Play: Bingo	28 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Head Bandz	29 AM Puzzles/Games PM Lunch at Red Lobster (pre-registration required) or Word Games	

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.