

July 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
				1 AM Puzzles/Games Canvas Painting: Fireworks PM Let's Play: Bingo	<p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>Nyack 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 Puzzles/Games Shopping at ShopRite PM Let's Play: Bingo	6 AM Puzzles/Games Nutrition Talk with Gitty PM Let's Play: Head Bandz	7 AM No Bake Demo: Mixed Berry Icebox Cake PM Let's Play: Bingo	8 AM Exercise w/ Charlese: Line Dancing PM Let's Play: Wheel of Fortune	
11 AM Puzzles/Games Current Events Discussion PM Let's Play: Bingo	12 AM Puzzles/Games Let's Create: Summer Wind Chime Craft PM Let's Play: Taboo	13 AM Musical Entertainment w/ Justin Derman PM Let's Play: Bingo	14 AM Shopping at T.J. Maxx or Coloring to Music PM Let's Create: Ice Cream Cone Bird Feeders	15 AM Meditation w/ Chris PM Guest Speaker: Understanding Mental Illness	
18 AM Puzzles/Games Let's Play: The Price is Right PM Bean Bag Toss Game	19 AM Medicare Presentation: Mark Brownstein PM Let's Play: Bingo	20 AM Musical Entertainment w/ Ray Longchamp PM Pizza Party July B-Day's Trivia Time	21 AM Shopping at Christmas Tree Shop or Table Games PM Let's Play: Bingo	22 AM Exercise w/ Dolan (sponsored by MVP Healthcare) PM Let's Play: Tri-Bond	
25 AM Puzzles/Games Group Crossword Puzzle PM Ctr. Member Mtg: Calendar Review Let's Play: Bingo	26 AM Puzzles/Games Social Worker Jeanette Visits PM Tai Chi w/ John Hood	27 AM Wii Bowling/ Dominoes/ Rummikub PM Let's Play: Bingo	28 AM Shopping at Nyack Farmers Market PM Let's Play: Family Feud	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.