


July 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
				1 AM Bowling @ New City Bowl (pre-registration required) or Word Games PM BINGO!	<p>Every day begins with Breakfast Café &amp; Announcements</p> <p><b>PROGRAMS ARE SUBJECT TO CHANGE</b></p>  <p>Ramapo 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 <b>Center Closed for Independence Day</b>	5 AM Musical Entertainment w/ Ray Longchamp PM Wii Bowling/ Pokeno	6 AM Puzzles/Games Shopping at Kohl's or Coloring/Music PM Workout Videos w/ Eileen	7 AM Puzzles/Games Shopping at ShopRite or Walking PM Bean Bag Toss w/ Dina	8 AM Puzzles/Games Exercise w/ Dolan (sponsored by MVP Healthcare) PM Let's Play: BINGO!	
11 AM Puzzles/Games Nutrition Talk with Gitty PM Let's Play: Left, Right, Center	12 AM Puzzles/Wii Bowling/ Pokeno PM Let's Play: BINGO!	13 AM Shopping at Freihofer's/ Rockland Bakery or Dear Abby PM No Bake w/ Eileen: Mixed Berry Icebox Cake	14 AM Puzzles/Games Shopping at Dollar Store or Word Games PM Craft w/ Dina – Ice Cream Cone Bird Feeders	15 AM Exercise w/ Charlese: Line Dancing PM Let's Play: BINGO!	
18 AM Puzzles/Games Medicare Presentation: Mark Brownstein PM Tai Chi w/ John Hood	19 AM Social Worker Jeanette Visits Pokeno PM Canvas Painting w/ Nelissa	20 AM Musical Entertainment w/ Justin Derman PM Pizza Party July B-Day's Let's Play: BINGO!	21 AM Pet Therapy Craft w/ Dina PM Let's Play: Family Feud	22 AM Puzzles/Games Shopping at ShopRite or Play Dominoes PM Let's Play: Taboo	
25 AM Puzzles/Games Shopping at Dollar Tree PM Center Member Meeting: Calendar Review	26 AM Puzzles/Wii Bowling/ Pokeno PM Exercise w/ Rafael	27 AM Walking in Park or Word Games PM Let's Play: Wheel of Fortune	28 AM Bowling @ New City Bowl (pre-registration required) PM Let's Play: BINGO!	29 AM <b>50/50 Friday!</b> Puzzles/Games PM <b>Lunch @ Red Lobster</b> (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.