

**August 2022**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>1</b></p> <p>AM Puzzles/Games Group Crossword Puzzle PM Let's Play: Bingo</p>	<p><b>2</b></p> <p>AM Puzzles/Games Shopping at ShopRite PM Let's Play: Name 5</p>	<p><b>3</b></p> <p>AM Puzzles/Games Cooking Demo with Diane Hoch PM Exercise with Weights</p>	<p><b>4</b></p> <p>AM Puzzles/Games Nyack Farmers Market PM Let's Play: Bingo</p>	<p><b>5</b></p> <p>AM Puzzles/Games Canvas Painting: Sunflowers PM The Science of Happiness</p>	<p><b>Every day begins with Breakfast Café &amp; Announcements</b></p> <p><b>PROGRAMS ARE SUBJECT TO CHANGE</b></p>  <p><b>The Senior Activity Centers will be closed on Monday, September 5 for the Labor Day Holiday.</b></p>
<p><b>8</b></p> <p>AM Puzzles/Games Craft: Macramé Plant Holders PM Let's Play: Family Feud</p>	<p><b>9</b></p> <p>AM Puzzles/Games Shopping at Dollar Tree PM Let's Play: Bingo</p>	<p><b>10</b></p> <p>AM Puzzles/Games Nutrition Talk with Eliza PM Let's Play: Bingo</p>	<p><b>11</b></p> <p>AM Puzzles/Games Nyack Farmers Market PM Exercise to Music</p>	<p><b>12</b></p> <p><b>Picnic at Bowline Point Park, Haverstraw</b> (pre-registration required)</p>	
<p><b>15</b></p> <p>AM No Bake Demo: Banana Cream Pie Icebox Cake PM Let's Play: Wheel of Fortune</p>	<p><b>16</b></p> <p>AM Puzzles/Games Shopping at Ocean State Job Lot PM Dominoes/ Checkers/ Rummikub</p>	<p><b>17</b></p> <p>AM Musical Entertainment w/ Peter Holmgren PM August B-days Pizza Party Let's Play: Bingo</p>	<p><b>18</b></p> <p>AM Puzzles/Games Nyack Farmers Market PM Let's Play: The Price is Right</p>	<p><b>19</b></p> <p>AM Puzzles/Games Let's Play: Scattergories PM Let's Play: Bingo</p>	
<p><b>22</b></p> <p>AM Self Defense w/ Master Portante PM Center Member Meeting: Calendar Review</p>	<p><b>23</b></p> <p>AM Puzzles/Games Social Worker Jeanette Visits PM Let's Play: Bingo</p>	<p><b>24</b></p> <p><b>Visit to Clearview Vineyards</b> (pre-registration required) or Group Games</p>	<p><b>25</b></p> <p>AM Puzzles/Games Nyack Farmers Market PM Let's Play: Bingo</p>	<p><b>26</b></p> <p>AM Audiology Presentation w/ Dr. Sree PM Let's Play: Word Games</p>	
<p><b>29</b></p> <p>AM Puzzles/Games PM <b>Golden Corral</b> (pre registration required) or Group Games</p>	<p><b>30</b></p> <p>AM Puzzles/Games Shopping at Rockland Bakery PM Exercise with Rafael</p>	<p><b>31</b></p> <p>AM Let's Make Smoothies: Orange Julius PM Let's Play: Bingo</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.