

September 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
			1 AM Puzzles/Games Shopping at Farmers Market PM Visions Presentation w/ Carmen	2 AM Puzzles/Games Current Events Talk 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>
5 Labor Day Center Closed	6 AM Puzzles/Games Musical Entertainment w/Jay Daniels PM Let's Play: Bingo	7 AM Puzzles/Games Shopping at Target PM Let's Create: Yarn Bowls	8 AM Project Council Meeting Dear Abby PM Let's Play: Bingo	9 AM Puzzles/Games PM Lunch at Golden Corral (pre- registration required) or Group Games	
12 AM Puzzles/Games Group Crossword Puzzle PM Let's Play: Bingo	13 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Family Feud	14 AM Puzzles/Games Nutrition Talk with Gitty PM Let's Play: Bingo	15 AM Medicare 101 w/ Daniel Soussana PM No Bake: Pumpkin Chip Cream Pie	16 AM Exercise w/ Charlese: Frankie Valli PM Let's Play: Wheel of Fortune	
19 AM Puzzles/Games Shopping at Dollar Tree PM Let's Play: Bingo	20 AM Puzzles/Games Sunflower Wreath Craft PM Let's Play: Bingo	21 AM Trivia Time PM Pizza Party September B-Day's Line Dancing w/ Suzi Tipa	22 AM Puzzles/Games Senior Fair @ RCC PM Let's Play: The Price is Right	23 AM Let's Play: Jeopardy PM Chair Yoga w/ Beatrice	
26 AM Puzzles/Games Calendar Review PM Elder Law Update Presentation w/ Sonia Burgos Crannage	27 AM Puzzle/Games Social Worker Jeanette Visits PM Zumba Gold w/Jean Hurler	28 AM Prescription Drug Cost Presentation PM Let's Play: Pass the Pigs	29 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Bingo	30 AM Puzzles/Games Let's Play: Name the Tune PM Let's Play: Bingo	

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.