

October 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>3</p> <p>AM Puzzles/Games Exercise to Music</p> <p>PM Jets-Nets-Mets-Nicks Presentation w/ Bruce Hammer</p>	<p>4</p> <p>AM Puzzles/Games You Be the Judge</p> <p>PM Let's Play: Bingo</p>	<p>5</p> <p>AM Puzzles/Games Shopping at TJ Maxx</p> <p>PM Exercise with Dolan</p>	<p>6</p> <p>AM Puzzles/Games Current Events Talk</p> <p>PM Let's Play: Bingo</p>	<p>7</p> <p>AM Hay Ride and Pumpkin Picking (pre-registration required)</p> <p>PM Let's Play: Wheel of Fortune</p>	<p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>Wear Pink every Friday in October in honor of Breast Cancer Awareness Month</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>
<p>10</p> <p>AM Puzzles/Games Let's Play: The Price is Right</p> <p>PM Let's Play: Bingo</p>	<p>11</p> <p>AM Puzzles/Games Shopping at ShopRite</p> <p>PM Exercise with Weights</p>	<p>12</p> <p>AM Puzzles/Games Let's Play: Jeopardy</p> <p>PM Let's Play: Bean Bag Toss</p>	<p>13</p> <p>AM Halloween Wreath Craft</p> <p>PM Guess Who? (Please bring a childhood photo of yourself)</p>	<p>14</p> <p>AM Puzzles/Games Meditation w/ Chris</p> <p>PM Let's Play: Bingo</p>	
<p>17</p> <p>AM Puzzles/Games Fall Canvas Painting</p> <p>PM Let's Play: Bingo</p>	<p>18</p> <p>AM Puzzles/Games Shopping at Dollar Tree</p> <p>PM Let's Play: Day at the Races</p>	<p>19</p> <p>AM Musical Entertainment w/JoJo Russell</p> <p>PM October B-day Pizza Party Let's Play: Bingo</p>	<p>20</p> <p>AM Puzzles/Games Senior Advice Presentation</p> <p>PM Cup Stacking Challenge</p>	<p>21</p> <p>Senior Olympics presented by Regeneron Oktoberfest Lunch</p>	
<p>24</p> <p>AM Puzzles/Games Shopping at ShopRite</p> <p>PM Fall Prevention Presentation</p>	<p>25</p> <p>AM Puzzles/Games Social Worker Jeanette Visits</p> <p>PM Let's Play: Bingo</p>	<p>26</p> <p>AM Puzzles/Games Nutrition Talk with Eliza</p> <p>PM Let's Play: Bingo</p>	<p>27</p> <p>AM Lunch at Cracker Barrel (pre-registration required)</p> <p>PM Table Games</p>	<p>28</p> <p>AM No Bake Demo: Pumpkin Bars</p> <p>PM Exercise with Rafael</p>	
<p>31</p> <p>AM Puzzles/Games Halloween Family Feud</p> <p>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.