

November 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	1 AM Shopping at ShopRite PM Tai Chi w/ John Hood	2 AM Puzzles/Games Group Crossword Puzzle PM Let's Play: Bingo	3 AM Puzzles/Games Exercise to Music PM Let's Play: Family Feud	4 AM Puzzles/Games Let's Play: Name that Tune 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>
7 AM Puzzles/Games Shopping at Target PM Let's Play: Bingo	8 AM Puzzles/Games Let's Play; Wheel of Fortune PM Let's Play: Bingo	9 AM Puzzles/Games Medicare Presentation PM Let's Create: Fall Craft	10 AM Let's Play: Jeopardy PM Musical Entertainment w/ Rick Sawyer	11 Veterans Day: Wear Red, White & Blue AM Dominoes/Table Games PM Bean Bag Toss	
14 AM Puzzles/Games Current Events Discussion PM Canvas Painting	15 AM Social Worker Jeanette Visits PM No Bake: Pumpkin-Oatmeal Energy Balls	16 AM Let's Play: Bingo PM November B-days Pizza Party Musical Entertainment w/ Ray Longchamp	17 AM Puzzles/Games Exercise w/ Charlese PM Let's Play: Bingo	18 AM Puzzles/Games Shopping at Dollar Tree PM Let's Play: Bingo	
21 AM What Are You Thankful For? PM Let's Play: Bingo	22 AM Shopping at Ocean State Job Lot PM Let's Play: Bingo	23 AM Nutrition w/ Gitty PM Musical Entertainment w/ Jimmy Walsh	24 Thanksgiving Center Closed	25 Day After Thanksgiving Center Closed	
28 AM Shopping at ShopRite PM Calendar Review Dear Abby	29 AM Puzzles/Games Chair Yoga w/ Inga PM Let's Play: Bingo	30 AM Puzzles/Games Senior Advice Program 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.