

January 2023

Clarkstown/Pearl River Senior Activity Center, 121 West Nyack Road, Nanuet, NY 10954 (845) 624-6334

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
2  <b>Center Closed</b>  <b>New Year's Day Observed</b>	3 AM Puzzles/Games Bruce Hammer: The Sitcom "Cheers" PM Let's Play: Bingo	4 AM Pet Therapy Exercise with Weights PM Let's Play: Day at the Races	5 AM Puzzles/Games Paper Airplane Contest PM Let's Play: Bingo	6 AM Shopping at ShopRite Coloring & Music PM Let's Play: Head Bandz	<p>Every day begins with <b>Breakfast Café &amp; Announcements</b></p> <p><b>PROGRAMS ARE SUBJECT TO CHANGE</b></p>  <p><b>Please remember to update Senior Activity Center Staff of any changes to your address, phone, emergency contact information or medications.</b></p>
9 AM Puzzles/Games Let's Play: Pig Toss Game PM Let's Play: Bingo	10 AM Social Worker Visit Current Events Discussion PM Let's Play: Wheel of Fortune	11 AM Puzzles/Games Book Club with Marcia PM Musical Entertainment w/ Ray Longchamp	12 AM Shopping at Trader Joe's Table Games PM Let's Play: Spanish Bingo	13 AM Puzzles/Games Canvas Painting: City Skyline PM Let's Play: Bingo	
16  <b>Center Closed</b>  <b>Martin Luther King, Jr. Day</b>	17 AM Shopping at Dollar Tree Group Crossword Puzzle PM Let's Play: Bingo	18 AM Let's Play: Bingo PM January B-Days Pizza Party Musical Entertainment w/ Stephanie Romm	19 AM Puzzles/Games No Bake: Orange Coconut Snowballs PM Exercise with Dolan	20 AM Puzzles/Games PM Lunch at Ramsey Grand Buffet or Table Games	
23 AM Puzzles/Games Nutrition Talk with Gitty PM Let's Play: Bingo	24 AM Puzzles/Games Let's Create: Doily Art PM Let's Play: Wheel of Fortune	25 AM Shopping at Target Scattergories PM Memory Lane w/ Jeff Sherer	26 AM Puzzles/Games Budgeting Skills with Jerry Trautz PM Let's Play: Bingo	27 AM Puzzles/Games Let's Play: Family Feud PM Exercise with Rafael	
30 AM Chair Yoga w/ Beatrice PM Calendar Review Let's Play: Bingo	31 AM Shopping at ShopRite Word Games Let's Play: The PM Price is Right				

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.