

January 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
2 Center Closed New Year's Day Observed	3 AM Puzzles/Games Giant Group Crossword Puzzle PM Let's Play: Bingo	4 AM Puzzles/Games Bruce Hammer: The Sitcom "Cheers" PM Let's Play: Family Feud	5 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Wheel of Fortune	6 AM Puzzles/Games Exercise w/ Miriam PM Let's Play: Bingo	<p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>Please remember to update Senior Activity Center Staff of any changes to your address, phone, emergency contact information or medications.</p>
9 AM Puzzles/Games Canvas Painting: City Skyline PM Let's Play: Bingo	10 AM Puzzles/Games Shopping at ShopRite PM Exercise w/ Rafael	11 AM Puzzles/Games Senior Advice program with Patrice PM Let's Play: Bingo	12 AM Puzzles/Games Budgeting Skills with Gerry Trautz PM Let's Play: The Price is Right	13 AM Puzzles/Games Let's Play: Pig Toss Game PM Let's Play: Spanish Bingo	
16 Center Closed Martin Luther King, Jr. Day	17 AM Puzzles/Games Let's Create: Doily Art PM Current Events	18 AM Let's Play: Bingo PM January B-Days Pizza Party Musical Entertainment w/ Randy Accardi	19 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Bingo	20 AM Puzzles/Games PM Lunch at Ramsey Grand Buffet or Table Games	
23 AM Puzzles/Games Chair Yoga w/ Beatrice PM Let's Play: Day at the Races	24 AM Puzzles/Games Paper Airplane Contest PM Let's Play: Bingo	25 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Scattergories	26 AM Puzzles/Games No Bake: Orange Coconut Snowballs PM Let's Play: Head Bandz	27 AM Puzzles/Games Let's Play: Tri-Bond PM Let's Play: Bingo	
30 AM Puzzles/Games Exercise w/ Charlese PM Nutrition w/ Gitty	31 AM Social Worker Jeanette Visits Shopping at ShopRite 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.