

March 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
		1 AM Puzzles/Games Project Council Meeting PM Let's Play: Bingo	2 AM Puzzles/Games Shopping at ShopRite PM Let's Play: Bingo	3 AM Puzzles/Games Current Events PM Meditation with Chris	<p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>  <p>*Sponsored by The Esplanade at Palisades</p> 
6 AM Puzzles/ Games No Bake Biscoff Cookie Truffles PM Let's Play: Bingo	7 AM Puzzles/Games Shopping at Dollar Tree PM Self Defense w/ Master Portante	8 AM Women's History Month with Sharon PM Music Therapy Program	9 AM Puzzles/Games Canvas Painting PM Let's Play: Jeopardy	10 AM March for Meals at the Palisades Mall PM Let's Play: Bingo	
13 AM Puzzles/Games Coaster Craft PM Let's Play: Name That Tune	14 AM Puzzles/Games Let's Play: Family Feud PM Let's Play: Bingo	15 AM Let's Play: Wheel of Fortune March B-Days Pizza Party Steel Drums Justin Derman	16 AM Shopping at ShopRite St. Patrick's Day Meal PM Let's Play: Bingo	17 St. Patrick's Day: Wear Something Green AM You Be the Judge PM Let's Play: Pictionary	
20 AM Let's Play: Bingo PM Musical Entertainment w/ Ray Longchamp	21 AM Exercise w/ Dolan* PM Let's Play: Pig Toss Game	22 AM Puzzles/Games Shopping at Stew Leonard's PM Music with Klaus	23 AM Let's Play: The Price is Right PM Fall Prevention w/ Helen Hayes	24 AM Puzzles/Games Let's Play: Bingo PM Bruce Hammer Presents: <i>I Love Lucy</i>	
27 AM Exercise w/ Charlese: Bobby Darrin PM Let's Play: Day at the Races	28 AM Puzzles/Games Social Worker Visit PM Let's Play: Bingo	29 AM Puzzles/Games Nutrition w/ Gitty PM Let's Play: Left, Right, Center	30 AM Table Games Shopping at ShopRite PM Let's Play: Bingo	31 AM Puzzles/Games Group Crossword Puzzle PM Group Reading of <i>Romeo & Juliet</i>	

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.