

April 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>3</b></p> <p><b>Wear Blue In Honor of World Autism Day</b>                      AM Let's Play: Bingo                      PM Yoga with Mira</p>	<p><b>4</b></p> <p>AM Let's Play: Scrambled Eggs                      PM Tech Savvy                      Speaker: Social Media/Email</p>	<p><b>5</b></p> <p>AM Puzzles/Games                      Shopping at Dollar Tree                      PM Music Therapy with Jeffrey Friedberg</p>	<p><b>6</b></p> <p><b>Passover Meal</b>                      AM Let's Play: Bingo                      PM Musical Entertainment w/ Peter Holmgren</p>	<p><b>7</b></p> <p><b>Good Friday</b>                      AM Group Crossword                      PM Memory Lane w/Jeff Sherer: Hollywood &amp; Broadway</p>	<p>Every day begins with <b>Breakfast Café &amp; Announcements</b></p> <p><b>PROGRAMS ARE SUBJECT TO CHANGE</b></p>  
<p><b>10</b></p> <p><b>Easter Meal</b>                      AM Puzzles/Games                      Let's Play: Jeopardy                      PM Yoga with Mira</p>	<p><b>11</b></p> <p>AM Puzzles/Games                      Shopping at Target                      PM Exercise with Rafael</p>	<p><b>12</b></p> <p>AM Let's Play: Bingo                      PM Musical Entertainment w/ Richard Frank</p>	<p><b>13</b></p> <p>AM Hudson Valley Food Bank Cooking Demo                      PM Musical Entertainment with Rick Sawyer</p>	<p><b>14</b></p> <p>AM OFA Application and Screening Clinic                      PM Let's Play: Bingo</p>	
<p><b>17</b></p> <p>AM Puzzles/Games                      No Bake Demo: Yogurt Pie                      PM Yoga with Mira</p>	<p><b>18</b></p> <p>AM Puzzles/Games                      Let's Play: Bingo                      PM Nutrition Talk with Eliza</p>	<p><b>19</b></p> <p>AM Name that Tune  <b>April B-Day Pizza Party</b>                      PM Musical Entertainment w/ Stephanie Romm</p>	<p><b>20</b></p> <p>AM Shopping at Woo-Ri Mart Northvale                      PM Let's Play: Bingo</p>	<p><b>21</b></p> <p>AM Puzzles/Games                      Spring Craft: Sock Bunny                      PM Let's Play: Wheel of Fortune</p>	
<p><b>24</b></p> <p>AM Importance of Beneficiary Designations                      PM Yoga with Mira</p>	<p><b>25</b></p> <p>AM Social Worker Visit                      Dear Abby                      PM Let's Play: Bingo</p>	<p><b>26</b></p> <p>AM Canvas Painting: Lady Bug                      PM Calendar Review                      Let's Play: Family Feud</p>	<p><b>27</b></p> <p><b>Lunch at Cracker Barrel</b>                      (pre-registration required)                      or                      Table Games</p>	<p><b>28</b></p> <p>AM Shopping at TJ Maxx                      PM Let's Play: Bingo</p>	

**Upcoming Events:**  
**Wednesday, May 31, OFA Senior Day at the Boulders Baseball Game**  
**Thursday, July 13, Pride of the Hudson Boat Trip**

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.