

May 2023

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|--|---|---|---|--|---|
| <p>1</p> <p>AM Puzzles/Games Group Crossword Puzzle PM Let's Play: Bingo</p> | <p>2</p> <p>AM Puzzles/Games Shopping at Lidl (Park Ridge) PM Let's Play: Wheel of Fortune</p> | <p>3</p> <p>AM Puzzles/Games Let's Play: Jeopardy PM Music Therapy with Jeffrey Friedberg</p> | <p>4</p> <p>AM Puzzles/Games Let's Play: Family Feud PM Let's Play: Bingo</p> | <p>5</p> <p>AM Cinco de Mayo Meal Cinco de Mayo Trivia PM Let's Play: Mexican Loteria</p> | <p>Every day begins with Breakfast Café & Announcements</p> <p>PROGRAMS ARE SUBJECT TO CHANGE</p>   |
| <p>8</p> <p>AM Puzzles/Games Kentucky Derby Trivia/Mint Juleps PM Let's Play: Bingo</p> | <p>9</p> <p>AM Puzzles/Games Canvas Painting: Clouds PM Exercise with Dolan</p> | <p>10</p> <p>AM No Bake Demo: Blueberry Delight PM Nathan S. Kline Instit. Presents: 10 Warning Signs of Alzheimer's Disease</p> | <p>11</p> <p>AM Puzzles/Games Shopping at Good Will PM Let's Play: Bingo</p> | <p>12</p> <p>Mother's Day Meal AM Current Events PM Lunch at Sangria's or Table Games</p> | |
| <p>15</p> <p>AM Puzzles/Games Shopping at Dollar Tree PM Bruce Hammer Presents: Yankees Dynasty</p> | <p>16</p> <p>AM Puzzles/Games Let's Play: Bingo PM Tai Chi with David</p> | <p>17</p> <p>AM Let's Play: Name That Tune PM May B-days Pizza Party Musical Entertainment w/ Jimmy Walsh</p> | <p>18</p> <p>AM Puzzles/Games Addus HomeCare Presents: CDPAP PM Trip to Dairy Queen</p> | <p>19</p> <p>AM Puzzles/Games Rockland Farm Alliance Trip PM Let's Play: Bingo</p> | |
| <p>22</p> <p>AM Puzzles/Games Dear Abby PM Let's Play: The Price is Right</p> | <p>23</p> <p>AM Puzzles/Games MoW Social Worker Visit PM Let's Play: Bingo</p> | <p>24</p> <p>AM Puzzles/Games Nutrition with Gitty PM Let's Play: Bingo</p> | <p>25</p> <p>AM Puzzles/Games Flower Wreath Craft PM MVP Health Care Presents: Healthy Bingo</p> | <p>26</p> <p>AM Puzzles/Games Shopping at ALDI PM Let's Play: Cup Stacking (Prizes!)</p> | |
| <p>29</p> <p>Memorial Day Center Closed</p> | <p>30</p> <p>AM Open House Memorial Day Meal Let's Play: Bingo PM Jeff Sherer's Memory Lane: Salute to Summer</p> | <p>31</p> <p>Trip to OFA Senior Day at the Boulder's Game or Table Games/Puzzles</p> | | | |

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.