

July 2023 Clarkstown/Pearl River Senior Activity Center, 121 West Nyack Road, Nanuet, NY 10954 (845) 367-9809

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Meal 3 Ramapo SAC Visits 10:45am Double Prize Bingo 12:45pm Music w/ Peter Holmgren Hamburger/Sw. Potato/Corn/Ice Cream	4 Holiday Centers Closed	5 11:00am Senior Scams 12:45pm Bingo Beef Stroganoff w/ Mushroom Gravy/ Buttered Egg Noodles/Petit Green Peas	6 11:00am Zumba 12:45pm Wheel of Fortune Eggplant Parmesan/Penne Pasta/Broccoli	7 10:30am Cropsey Farm Visit 12:45pm Bingo Caribbean Flounder/Coconut Rice/Grilled Plantain
10 10:30am Shop at Aldi 12:45pm Music w/ Eric Lipper Stuffed Peppers/Garlic Mashed Potato/Sliced Carrots	11 11:00am Crossword/Disc Grp w/ Norma 12:45pm Exer. w/ Dolan Apricot Chick./Sw. Potato/ Calif. Blend	12 11:00am Nutrition w/ Gitty 12:45pm Music Therapy Shrimp Alfredo/Snap Peas/Yellow Squash	13 All SAC Boat Trip Pride of the Hudson	14 11:00am Meditation w/ Chris 12:45pm Bingo Cheese Pierogies/Brussels Sprouts/Crinkle Carrots
17 10:45am No Bake: Éclair Cake 12:45pm Bingo Hawaiian Chicken/Baked Yam/Italian Blend Vegetables	18 10:30am MoW Social Worker Visit/Norma 11:00am Home Care Talk 12:45pm Exer. w/ Rafael Lemon Chick./Mash. Cauliflower/Green Peas	B-Day Celebration 19 10:45am Bingo 12:45pm: Music w/ Randy Accardi Pizza/Salad/ Birthday Cake	20 10:30am Shop at Dollar Tree (Valley Cottage) 12:45pm TruCare Blood Pressure Presentation Roast Turkey/ Mashed Potato/Mixed Vegetables	21 10:45am Sunset Painting 12:45pm Bingo Breaded Fish/Sweet Potato Puffs/Steamed Broccoli
24 10:30am Shop at Target or Table Games 12:45pm Inflatable Bowling Beef Stir Fry/Jasmine Rice/Yellow Beans	25 11:00am Book Club w/ Marcia/Disc Grp w/ Norma 12:45pm Bingo BBQ Chicken/Kale/Corn	26 10:30am Shop at Trader Joe's or Pet Therapy 12:45pm Bean Bag Toss Stuffed Shells/Italian Vegetable Blend/Squash	27 11:00am Yoga w/ Inga 12:45pm Bingo Lemon Garlic Fish/Rice & Beans/Sautéed Collard Greens	28 10:45am Craft: Citrus Stamped Tea Towels 12:45pm Price is Right Chicken Sausage/Roasted Potato/Carrots
31 10:30am Shop at ShopRite 12:45pm Bingo Chicken Stir Fry/Rice Pilaf/Baby Carrots				

