

July 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Meal 3 11:00am Group Crossword 12:45pm Music w/ Eric Lipper Hamburger/Sw. Potato/Corn/Ice Cream	4 Holiday Centers Closed	5 11:00am Bingo 12:45pm Music Therapy Beef Stroganoff w/ Mushroom Gravy/ Buttered Egg Noodles/Petit Green Peas	6 11:00am Wheel of Fortune 12:45pm Bingo Eggplant Parmesan/Penne Pasta/Broccoli	7 10:30am Shop at Aldi 12:45pm Zumba Caribbean Flounder/Coconut Rice/Grilled Plantain
10 11:00am Current Events 12:45pm Bingo Stuffed Peppers/Garlic Mashed Potato/Sliced Carrots	11 11:00am Jeopardy 12:45pm Home Care Presentation Apricot Chick./Sw. Potato/ Calif. Blend	12 10:30am Shop at Dollar Tree 12:45pm Bingo Shrimp Alfredo/Snap Peas/Yellow Squash	13 All SAC Boat Trip Pride of the Hudson	14 11:00am Sunset Painting 12:45pm Meditation w/ Chris Cheese Pierogies/Brussels Sprouts/Crinkle Carrots
17 10:30am Shop at T.J. Maxx 12:45pm Bingo Hawaiian Chicken/Baked Yam/Italian Blend Vegetables	18 11:00am No Bake: Éclair Cake 12:45pm Exercise w/ Dolan Lemon Chick./Mash. Cauliflower/Green Peas	B-Day Celebration 19 10:45am Bingo 12:45pm: Music w/ Peter Holmgren Pizza/Salad/ Birthday Cake	20 11:00am Bean Bag Toss 12:45pm Bingo Roast Turkey/ Mashed Potato/Mixed Vegetables	21 10:30am Visit Cropsey Farm 12:45pm TruCare Blood Pressure Presentation Breaded Fish/Sweet Potato Puffs/Steamed Broccoli
24 11:00am Nutrition w/ Gitty 12:45pm Bingo Beef Stir Fry/Jasmine Rice/Yellow Beans	25 10:45am MoW Social Work Visit 12:45pm Senior Scams BBQ Chicken/Kale/Corn	26 10:30am Shop at Trader Joe's 12:45pm Bingo Stuffed Shells/Italian Vegetable Blend/Squash	27 11:00am Craft: Citrus Stamped Tea Towels 12:45pm Yoga w/ Inga Lemon Garlic Fish/Rice & Beans/Collard Greens	28 11:00am Inflatable Bowling 12:45pm Exer. w/ Rafael Chicken Sausage/Roasted Potato/Carrots
31 10:30am Shop at Target 12:45pm Bingo Chicken Stir Fry/Rice Pilaf/Baby Carrots				

