

**July 2023**

Ramapo Senior Activity Center, 484 New Hempstead Road, New City, NY 10956 (845) 356-2244

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Holiday Meal</b> <b>3</b> <b>Ramapo at CL/PR</b> 10:45am Double Bingo 12:45pm Music w/ Peter Holmgren <b>Hamburger/Sw. Potato/Corn/Ice Cream</b>	<b>4</b> <b>Holiday Centers Closed</b>	<b>5</b> 11:00am Yoga w/ Inga 12:45pm Home Care Presentation <b>Beef Stroganoff w/ Mushroom Gravy/ Buttered Egg Noodles/Green Peas</b>	<b>6</b> 11:00am Shopping at ShopRite or Word Games 12:45pm Senior Scams <b>Eggplant Parmesan/Penne Pasta/Broccoli</b>	<b>7</b> 11:00am Family Feud 12:45pm Bingo <b>Caribbean Flounder/Coconut Rice/Grilled Plantain</b>
<b>10</b> 11:00am Music w/ Eric Lipper 12:45pm Bingo <b>Stuffed Peppers/Garlic Mashed Potato/Carrots</b>	<b>11</b> 10:30am MoW Social Worker/Pokeno/Wii Bowl. 12:45pm Exer. with Rafael <b>Apricot Chick./Sw. Potato/ Calif. Blend</b>	<b>12</b> 11:00am Shopping at Dollar Tree or Word Games 12:45pm Bingo <b>Shrimp Alfredo/Snap Peas/Yellow Squash</b>	<b>13</b> <b>All SAC Boat Trip Pride of the Hudson</b>	<b>14</b> 11:00am No Bake: Éclair Cake 12:45pm Bean Bag Toss <b>Cheese Pierogies/Brussels Sprouts/Crinkle Carrots</b>
<b>17</b> 11:00am Nutrition w/ Gitty 12:45pm Bingo <b>Hawaiian Chicken/Baked Yam/Italian Blend Vegetables</b>	<b>18</b> 11:00am Deerkill Camp Visits/Games 12:45pm Pokeno/Wii Bowl. <b>Lemon Chick./Mash. Cauliflower/Green Peas</b>	<b>B-Day Celebration 19</b> 11:00am Music w/ Randy Accardi 12:45pm Double Bingo <b>Pizza/Salad/ Birthday Cake</b>	<b>20</b> 11:00am Zumba 12:45pm Craft: Citrus Stamped Tea Towels <b>Roast Turkey/ Mashed Potato/Mixed Vegetables</b>	<b>21</b> 11:00am Shop at Marshall's/Word Games 12:45pm Bingo <b>Breaded Fish/Sw. Potato Puffs/Steamed Broccoli</b>
<b>24</b> 11:00am Shopping at Trader Joe's 12:45pm TruCare Blood Pressure Presentation <b>Beef Stir Fry/Jasmine Rice/Yellow Beans</b>	<b>25</b> 11:00am Pokeno/Wii Bowling 12:45pm Exercise with Dolan <b>BBQ Chicken/Kale/Corn</b>	<b>26</b> 11:00am Shopping at Kohl's (senior discount day)/Word Games 12:45pm Music Therapy <b>Stuffed Shells/Italian Vegetable Blend/Squash</b>	<b>27</b> 10:30am Pet Therapy/Shopping at Dollar Tree or Wheel of Fortune 12:45pm Bingo <b>Lemon Garlic Fish/Rice &amp; Beans/Collard Greens</b>	<b>50/50 Friday! 28</b> 10:30am Visit Cropsey Farm or Word Games 12:45pm Meditation w/ Chris <b>Chicken Sausage/Roasted Potato/Carrots</b>
<b>31</b> 11:00am Sunset Painting 12:45pm Bingo <b>Chick. Stir Fry/Rice Pilaf/Carrots</b>				

