

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

Monday	Tuesday	Wednesday	Thursday	Friday
August 2023	1 10:30 – Shopping at Aldi’s 12:45 – Family Feud Pesto Parmesan Tortellini, Stewed Tomatoes, Sautéed Spinach	2 10:30 – Shopping at Kohl’s 12:45 – Bingo Salisbury Steak w/Mushroom Gravy, Scalloped Potato, Peas & Pearl Onions	3 National Watermelon Day 10:30 – Nyack Farmer’s Market 12:45 – Wii Bowling Rigatoni Bolognese, Butternut Squash, Cauliflower	4 10:30 – Craft: Pipe Cleaner Bee 12:45 – Wheel of Fortune Salmon Burger, Risotto, Italian Green Beans
7 11:00 – Medicare 12:45 – Wii Games Tuna, 3 Bean, & Potato Salad, w/Tomatoes, Lettuce, & Kaiser Rolls	8 10:30 – Shopping at Trader Joe’s 12:45 – Exercise w/Dolan Asian Pork Stew, Lo Mein Noodles, Oriental Vegetables	9 11:00 – Nutrition with Eliza 12:45 – Music Therapy Baked Cod w/ Creole Sauce, Lemon Zested Orzo, Brussels Sprouts	10 10:30 – Shopping at Dollar Tree 12:45 – Bingo Teriyaki Chicken, Basmati Rice, Collard Greens	11 10:30 – No Bake: Apple Pie Bars 12:45 – Music w/Rick Sawyer Meatloaf w/ Mushroom Gravy, Mashed Potato, Braised Cabbage
14 Picnic at Bowline Park	15 10:30 – MOW Norma 11:00 – Book Club 12:45 – Exercise w/Rafael BBQ Pulled Pork, Baked Beans, Braised Red Cabbage	16 Clarkstown Birthday Celebration 10:30 – Bingo 12:45 – Jean Louisgene Pizza, Mixed Green Salad, Birthday Cake	17 10:30 – Nyack Farmer’s Market 12:45 – Pictionary Eggplant Parmesan, Penne Pasta, Broccoli	18 10:30 – Shopping at Target 12:45 – Bingo Caribbean Flounder, Coconut Rice, Grilled Plantain
21 10:30 – Double Bingo 12:45 – Pig Toss Stuffed Peppers, Garlic Mash Potato, Sliced Carrots	22 10:30 – Craft: Pipe Cleaner Flowers 12:45 – Would You Rather? Egg Salad, Beet Salad, Pasta Salad, Sliced Tomato, Lettuce, Sliced Kaiser Rolls	23 11:00 – Yoga with Inga 12:45 – Bingo Shrimp Alfredo, Snap Peas, Yellow Squash	24 10:30 – Word Teasers 12:45 – Tru Care BP Chicken Parmesan, Cavatappi Pasta, Zucchini	25 10:30 – Music w/Eric Lipper 12:45 – Bingo Cheese Pierogis, Brussels Sprouts, Crinkle Carrots
28 10:30 – Current Events 12:45 – Bingo Hamburger, Baked Sweet Potato, Yellow Corn	29 10:30 – 20 Questions 12:45 – Exercise w/Dolan Lemon Chicken, Mashed Cauliflower, Green Peas	30 10:30 – Bingo 12:45 – Entertainment w/ Jeff Sherer Sliced Turkey, Corn Salad, Cole Slaw, Sliced Tomato, Lettuce, Kaiser Rolls	31 10:30 – Crossword Puzzle 12:45 – Assisted Living Presentation Roast Turkey, Yukon Gold Mashed Potato, Mixed Vegetables	1



August 2023

Thursday, August 3: National Watermelon Day!

Monday, August 14: SAC Picnic at Bowline Park

Wednesday, August 16: Birthday Pizza Party

Senior Activity Centers Contact Information

Clarkstown/Pearl River
Katherine Martinez
Manager
121 West Nyack Road
Nanuet, NY 10954
(845) 367-9809
clarkstownsac@mowrockland.org

Nyack
Jean Williams
Manager
90 Depew Avenue
Nyack, NY 10960
(845) 353-1311
nyacksac@mowrockland.org

Ramapo
Aileen Miller
Manager
484 New Hempstead Road
New City, NY 10956
(845)-356-2244
ramaposac@mowrockland.org

Rockland County Contacts

Rockland County Executive
Ed Day
County Executive
(845) 638-5122

Office for the Aging
Martha Robles
Director
(845) 364-2110

Upcoming Events:
Monday, August 14:
All-Center Picnic at
Bowline Park

Thursday, September 7,
OFA Picnic
(Rain date: September 13th)

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.