

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

Monday	Tuesday	Wednesday	Thursday	Friday
31 <b>August 2023</b>	1 10:30am – Medicare Presentation 12:45pm – BINGO <b>Pesto Parmesan Tortellini, Stewed Tomatoes, Sautéed Spinach</b>	2 11:00am – Chair Exercises 12:45pm – Music Therapy <b>Salisbury Steak w/Mushroom Gravy, Scalloped Potato, Peas &amp; Pearl Onions</b>	3 <b>National Watermelon Day</b> 10:30am – Farmer’s Market 12:45pm – Addus Home Care <b>Rigatoni Bolognese, Butternut Squash, Cauliflower</b>	4 10:30am – Shopping at Dollar Tree 12:45pm – BINGO <b>Salmon Burger, Risotto, Italian Green Beans</b>
7 11:00am – Price is Right 12:45pm – Movie Matinee <b>Tuna Salad, 3 Bean Salad, Potato Salad w/Sliced Tomato, Lettuce &amp; Kaiser Rolls</b>	8 10:30am – Shopping at Shoprite 12:45pm – Exercise w/Rafael <b>Asian Pork Stew, Lo Mein Noodles, Oriental Vegetables</b>	9 11:00am – BINGO 12:45pm – Eliza OFA <b>Baked Cod w/ Creole Sauce, Lemon Zested Orzo, Brussels Sprouts</b>	10 10:30am – Farmer’s Market 12:45pm – Bean Bag Toss <b>Teriyaki Chicken, Basmati Rice, Collard Greens</b>	11 11:00am – No Bake 12:45pm – BINGO <b>Meatloaf w/ Mushroom Gravy, Mashed Potato, Braised Cabbage</b>
14 <b>Picnic at Bowline Park</b>	15 11:00am – Craft 12:45pm – Yoga w/Inga <b>BBQ Pulled Pork, Baked Beans, Braised Red Cabbage</b>	16 <b>Nyack Birthday Celebration</b> 11:00am – Bingo 12:45pm – Stephanie Romm <b>Pizza, Mixed Green Salad, Birthday Cake</b>	17 10:30am – Farmer’s Market 12:45pm – Name That Tune <b>Eggplant Parmesan, Penne Pasta, Broccoli</b>	18 10:30am – Cropsey Farm 12:45pm – BINGO <b>Caribbean Flounder, Coconut Rice, Grilled Plantain</b>
21 10:30am Shopping at Target 12:45pm BINGO <b>Stuffed Peppers, Garlic Mashed Potatoes, Sliced Carrots</b>	22 11:00am Current Events 12:45pm Chair Soccer <b>Apricot Chicken, Sweet Potato, California Blend</b>	23 10:30am Shopping at Aldi 12:45pm The Price is Right <b>Shrimp Alfredo, Snap Peas, Yellow Squash</b>	24 11:00am Jeopardy 12:45pm BINGO <b>Chicken Parmesan, Cavatappi Pasta, Zucchini</b>	25 11:00am Name that Tune 12:45pm Inflatable Bowling <b>Cheese Pierogis, Brussel Sprouts, Crinkle Carrots</b>
28 11:00am – BINGO 12:45pm –Atria Senior Living <b>Hamburger, Baked Sweet Potato, Yellow Corn</b>	29 10:30am – Soc Worker Visit 12:45pm – Ent/ Rick Sawyer <b>Lemon Chicken, Mashed Cauliflower, Green Peas</b>	30 10:30am – Shopping at Walmart 12:45pm – Bingo <b>Sliced Turkey, Corn Salad, Cole Slaw, Sliced Tomato, Lettuce, Kaiser Rolls</b>	31 10:30am – Farmer’s Market 12:45pm – MVP Heath <b>Roast Turkey, Yukon Gold Mashed Potato, Mixed Vegetables</b>	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**  
(Raindate: September 13<sup>th</sup>)

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.