

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

Monday	Tuesday	Wednesday	Thursday	Friday
31  <b>August 2023</b>	1 11:00am – Wii Bowl. /Pokeno 12:45pm – Bingo <b>Pesto Parmesan Tortellini, Stewed Tomatoes, Sautéed Spinach</b>	2 11:00am – Shopping at Ocean State Job Lot/Word Games 12:45pm – Blow Up Bowling <b>Salisbury Steak w/Mushroom Gravy, Scalloped Potato, Peas &amp; Pearl Onions</b>	3 <b>National Watermelon Day</b> 11:00am – Farmer’s Market/Word Games 12:45pm – Current Events <b>Rigatoni Bolognese, Butternut Squash, Cauliflower</b>	4 11:00am – Price is Right 12:45pm – Bingo <b>Salmon Burger, Risotto, Italian Green Beans</b>
7 11:00am – Rick Sawyer 12:45pm – Bingo <b>Tuna Salad, 3 Bean Salad, Potato Salad w/Sliced Tomato, Lettuce &amp; Kaiser Rolls</b>	8 11:00am – MOW Social Work Visit/Pokeno/Bowling 12:45pm – Chair Soccer <b>Asian Pork Stew, Lo Mein Noodles, Oriental Vegetables</b>	9 11:00am – Shopping at Dollar Tree (Valley Cottage)/ Word Games 12:45pm - Bingo <b>Baked Cod w/ Creole Sauce, Lemon Zested Orzo, Brussels Sprouts</b>	10 11:00am – Shopping at Shoprite/Word Games 12:45pm – Family Feud <b>Teriyaki Chicken, Basmati Rice, Collard Greens</b>	11 11:00am – Canvas Painting 12:45pm – Yoga w/Inga <b>Meatloaf w/ Mushroom Gravy, Mashed Potato, Braised Cabbage</b>
14  <b>Picnic at Bowline Park</b>	15 11:00am – Wii Bowl. /Pokeno 12:45pm – Exercise w/Dolan <b>BBQ Pulled Pork, Baked Beans, Braised Red Cabbage</b>	16 <b>Ramapo Birthday Celebration</b> 11:00am – Steel Drums 12:45pm – Bingo <b>Pizza, Mixed Green Salad, Birthday Cake</b>	17 11:00am – Farmer’s Market/Word Games 12:45pm – Craft: Pipe Cleaner Flowers <b>Eggplant Parmesan, Penne Pasta, Broccoli</b>	18 11:00am – No Bake: Apple Pie Bars 12:45pm - Bingo <b>Caribbean Flounder, Coconut Rice, Grilled Plantain</b>
21 11:00am – Medicare Presentation 12:45pm – Bingo <b>Stuffed Peppers, Garlic Mash Potato, Sliced Carrots</b>	22 11:00am – Master Portante 12:45pm – Wii Bowl. /Pokeno <b>Egg Salad, Beet Salad, Pasta Salad, Sliced Tomato, Lettuce, Sliced Kaiser Rolls</b>	23 11:00 – Nutrition w/Eliza 12:45pm – Music Therapy <b>Shrimp Alfredo, Snap Peas, Yellow Squash</b>	24 11:00am – Shopping at Shoprite/Word Games 12:45pm – Assisted Living Presentation <b>Chicken Parmesan, Cavatappi Pasta, Zucchini</b>	25 <b>50/50 Friday!</b> 11:00am – Shopping at Budget Bazaar 12:45pm – Bingo <b>Cheese Pierogis, Brussels Sprouts, Crinkle Carrots</b>
28 11:00am – Shopping at Home Goods/Card Smart/Word Games 12:45pm - Bingo <b>Hamburger, Baked Sweet Potato, Yellow Corn</b>	29 11:00am – Wii Bowling/Pokeno 12:45pm – Exercise w/Rafael <b>Lemon Chicken, Mashed Cauliflower, Green Peas</b>	30 11:00am – Ray Longchamp 12:45pm – Bean Bag Toss <b>Sliced Turkey, Corn Salad, Cole Slaw, Sliced Tomato, Lettuce, Kaiser Rolls</b>	31 11:00am – Shopping at Stew Leonard’s/Word Games 12:45pm – Bingo <b>Roast Turkey, Yukon Gold Mashed Potato, Mixed Veg.</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

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### Rockland County Contacts

Rockland County Executive  
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County Executive  
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Office for the Aging  
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Upcoming Events:  
Monday, August 14:  
All-Center Picnic at  
Bowline Park

Thursday, September 7,  
OFA Picnic  
(Rain date: 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.