

Monday	Tuesday	Wednesday	Thursday	Friday
	<h1>SEPTEMBER 2023</h1>			<p>1 11:00am– Lowering Drug Costs 12:45pm – Name that Tune and punch</p>
<p>4 Labor Day Centers Closed</p>	<p>5 Lunch at City Line Diner (pre-registration required) or Clarkstown Center</p>	<p>6 PROJECT COUNCIL MEETING 11:00am– Bingo 12:45pm – Cinnamon Candle Craft</p>	<p>7 OFA Picnic</p>	<p>8 10:45am– Shopping Crazy Hot Deals 12:45pm– Bingo</p>
<p>11 NATIONAL HOT CROSS BUN DAY 11am– Shopping at Stop and Shop 12:45pm – Music with Michelle Solomon</p>	<p>12 10:30am- Say Ahh! Focus Group 11:00am– Book Club w/Marcia 12:45pm – Price is Right</p>	<p>13 10:30am– No Bake: Crème Brule or Shopping at Kohl’s 12:45pm – Music Therapy</p>	<p>14 Senior Fair at RCC Fieldhouse</p>	<p>15 11am– Painting: Self Portrait 12:45pm – Bingo</p>
<p>18 10:30am- Shopping at Trader Joe’s in Westwood 12:45pm – Bingo</p>	<p>19 11am– Nutrition with Gitty 12:45pm –Exercise with Dolan</p>	<p>20 Clarkstown Birthday Celebration 11am– Bingo 12:45pm– Foot & Fiddle Pat Cannon</p>	<p>21 10:30am– Nyack Farmer’s Market 12:45pm – Bruce J Hammer Impact of Technology (phones, music, TV)</p>	<p>22 11am– Music with Eric Lipper 12:45pm – Bingo</p>
<p>25 Pumpkin Spice Creamer Day 11am– Current Events 12:45p – Exercise with Rafael</p>	<p>26 11am– Bingo 12:45pm– Wheel of Fortune or Halloween Craft Good Bag</p>	<p>27 10:30am– Shopping at ShopRite in Pearl River 12:45PM Gym Guys stretching</p>	<p>28 10:45am– Aetna Zip and Paint 12:45pm – Bingocize</p>	<p>29 10:30am– Shopping at Target 12:45pm – Family Feud</p>



September 2023

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breaded Fish Sweet Potato Puffs Steamed Broccoli
4 Centers Closed For Labor Day	5 BBQ Chicken Sautéed Kale Sweet Corn	6 Stuffed Shells Italian Vegetable Blend Sautéed Squash	7 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	8 Chicken Sausage & Peppers Roasted Potato Carrots
11 Chicken Stir Fry Rice Pilaf Baby Carrots	12 Roast Porkloin w/ Gravy Mashed Potatoes Braised Cabbage	13 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	14 Rigatoni Bolognese Butternut Squash Cauliflower	Rosh Hashanah 15 Salmon Burger Risotto Italian Green Beans
18 Cheese Lasagna Green Peas Diced Carrots	19 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	<u>Birthday Celebration</u> 20 Pizza Mixed Green Salad Birthday Cake	21 Teriyaki Chicken Basmati Rice Collard Greens	22 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
25 Hawaiian Chicken Baked Yam Italian Blend Vegetables	26 Caribbean Flounder Coconut Rice Grilled Plantain	27 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	28 Eggplant Parmesan Penne Pasta Broccoli	29 BBQ Pulled Pork Baked Beans Braised Red Cabbage

Meals are prepared fresh daily. Milk, bread, juice, & dessert are included. Medically tailored meals will not follow the meal calendar.
 845-624-6325 Meals are subject to availability www.mowrockland.org

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