

Monday	Tuesday	Wednesday	Thursday	Friday
	<h1 style="color: green;">September 2023</h1>			<p style="text-align: right;">1</p> <p>10:45am – Shopping Dollar Tree 12:45pm – Chair Yoga</p>
<p>4</p> <p><b>Labor Day</b> <b>Centers Closed</b></p>	<p style="text-align: right;">5</p> <p>10:45am – Shopping at Shoprite 12:45pm – Exercise with Dolan</p>	<p style="text-align: right;">6</p> <p><b>PROJECT COUNCIL MEETING</b> 10:45am – Music Therapy 12:45pm – Chair Yoga</p>	<p style="text-align: right;">7</p> <p><b>OFA Picnic</b></p>	<p style="text-align: right;">8</p> <p>10:45am – Pet Therapy with Pete 1:00pm – Lowering Drug Costs</p>
<p style="text-align: right;">11</p> <p><b>HOT CROSS BUN DAY</b> 10:45am – Bean Bag Toss 12:45pm – Chair Yoga</p>	<p style="text-align: right;">12</p> <p>11:00am – Peter Hart Music 12:45pm – Bruce J. Hammer JET’S, MET’S, NICK’S WOW!</p>	<p style="text-align: right;">13</p> <p>10:45am – Shopping at Kohl’s 12:45pm – <b>Cinnamon Candle Craft</b></p>	<p style="text-align: right;">14</p> <p><b>Senior Fair at RCC Fieldhouse</b></p>	<p style="text-align: right;">15</p> <p>10:45am – <b>Cropsey Farm</b> 12:45pm Exercise with Rafael</p>
<p style="text-align: right;">18</p> <p>10:30am Say Ahh! Focus Group 10:45am – Wheel of Fortune 12:45pm –Chair Yoga</p>	<p style="text-align: right;">19</p> <p><b>(pre-registration required)</b> Luncheon at City Line Diner or 10:45am-Word Games 12:45pm -Bingo</p>	<p style="text-align: right;">20</p> <p><b>Nyack Birthday Celebration</b> 10:45am – Inflatable Bowling 12:45pm – Steel Drums with Jean Claude</p>	<p style="text-align: right;">21</p> <p>10:45am –Farmer’s Market/Word Games 12:45pm – Aetna-Live Music Show (Tina Turner)</p>	<p style="text-align: right;">22</p> <p>10:45am – Blood Pressure Screening 12:45pm –Music with Eric Lipper</p>
<p><b>Pumpkin Spice Creamer Day (Welcome Autumn)</b> 10:45am – Shopping at Walmart 12:45pm – Music with Michelle Solomon</p>	<p style="text-align: right;">26</p> <p>10:45am – Social Work Visit 12:45pm – <b>No Bake Crème Brule</b></p>	<p style="text-align: right;">27</p> <p>10:45am – Nutrition with Gitty 12:45pm – Bingo</p>	<p style="text-align: right;">28</p> <p>10:45am – Shopping at Target 12:45pm – <b>Halloween bag craft</b></p>	<p style="text-align: right;">29</p> <p>10:45am – Bingo 12:45pm – Tai Chi with John Hood</p>



# September 2023

## Senior Activity Center Menu

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