

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 2 11:00am – Current Events/Discussion 12:45pm – Let’s Play Bingo | 3 11:00am – Shopping at Marshalls /Puzzles &Games 12:45pm – Piano sing along with Jimmy Walsh | NATIONAL CINNAMON BUN DAY 4 11:00am – Chair Exercises 12:45pm – Music Therapy | 5 11:00am – Tennis Ball Race 12:45pm – Memory Lane with Jeff Sherer | WORLD SMILE DAY 6 11:00am – Shopping at Aldi/Puzzles & Games 12:45pm – Let’s Play Bingo |
| 9 11:00am – Monsey Health Podiatrist 12:45pm – Let’s Play Bingo | 10 11:00am – Shopping at Shoprite/Puzzles and Games 12:45pm – Tai Chi | 11 11:00am – Group Word Puzzle 12:45pm – Let’s Play Bingo | 12 11:00am – Shopping at Jembro/Puzzles & Games 12:45pm – Name That Tune | 13 11:00am – Cup Stacking Challenge 12:45pm – Zip and Paint |
| 16 11:00am – Shopping at Dollar Tree/Puzzles and Games 12:45pm – Craft/Ghosts | 17 11:00am – Family Feud Halloween Edition 12:45pm – Lets Play Bingo | Nyack Birthday Celebration 18 11:00am – 50/50Bingo 12:45pm – Line Dancing with Suzi Tipa | 19 11:00am – Shopping at Target 12:45pm – Musical Entertainment with Eric Lipper | OCTOBERFEST 20 11:00am – Canvass Painting Spider Web/ 12:45pm –Music with Ray Longchamp |
| 23 Lunch at Cracker Barrel (pre-registration required) 12:45pm – You be The Judge | 24 11:00am –Social Work Visit/No Bake Spooky Graveyard Cups 12:45pm – Exercise with Rafael | 25 11:00am – Shopping at Shoprite/Puzzles and Games 12:45pm – Let’s Play Bingo | 26 Regeneron Senior Olympics | 27 11:00am –Let’s Play Jeopardy 12:45pm – Latin Dance Class |
| 30 11:00am – Halloween Punch /Calendar Discussion 12:45pm – Sing and dance with Randy Accardi | Open House 31 Come in Costume! 11:00am – Paul the Magician 12:45pm – Exercise with Dolan | October is Breast Cancer Awareness Month Wear PINK on Fridays to show your support | | |

SENIOR ACTIVITY CENTERS CONTACT INFORMATION

Clarkstown/Pearl River

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Nyack Senior Activity Center

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Manager: Jean Williams

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Manager: Aileen Miller

ROCKLAND COUNTY OFFICE FOR THE AGING

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<https://rocklandgov.com/>

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.