

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NOVEMBER 2023</b>		1 11:00am – Group Word Puzzle 12:45pm – Music Therapy	2 11:00am – Chair Exercise To Music 12:45pm – Let’s Play: Name That Tune	3 11:00am – Name That Tune 12:45pm – Let’s Play: BINGO
6 11:00am – Discussion / Current Events 12:45pm – Let’s Play: BINGO	7 10:30am – Shopping / Ocean State Job Lot – Puzzles/Games 12:45pm – Get up and Groove with Rafael	8 11:00am – Guess Who? 12:45pm – Dr. McKervin Ceus keeping us healthy and mobile (30 mins)/ Let’s Play: Chair Hockey	9 11:00am – Puzzles/Games 12:45pm – Enjoy a lunch date at Bellissimo ( <b>Pre- registration required</b> )	10 11:00am – We Remember – Veteran’s Day - Salute 12:45pm – Therapeutic Dance with Shlomit
13 10:30am – Shopping/Aldi’s Puzzles/Games 12:45pm – Trivia & Word Games	14 <b>Thanksgiving Lunch</b> 11:00am – No Bake/Apple Pie Lasagna 12:45pm – Tai Chi	15 <b>Nyack Birthday Celebration</b> 11:00am – 50/50 BINGO 12:45pm – Musical Guest Charlie Straxx	16 <b>**Senior Prom**</b> 11:00am – Puzzles & Games Let’s Play: Bean Bag Toss 12:45pm – Jeff Sherer	17 10:30am–Shopping/Shoprte Puzzles & Games 12:45pm – Let’s Play: BINGO
20 11:00am – Nutrition games with Gitty 12:45pm – Let’s Play: BINGO	21 11:00am – <b>Friend’s Giving Breakfast</b> 12:45pm – Eric Lipper	22 11:00am – Craft/Fall Flower 12:45pm – What are we Thankful For?	23 <b>Thanksgiving Day Center Closed</b>	24 <b>Day after Thanksgiving Center Closed</b>
27 11:00am–Calendar Discussion Nathan Kline Institute 10 Signs of Alzheimer 12:45pm – Move your body with Charlese	28 10:30am – Social Work Visit 12:45pm – Exercise/Dolan	29 11:00am – Canvas Painting / Fall Paper Leaf Banner 12:45pm – Let’s Play: BINGO	30 10:30am – Shopping/Dollar Tree – Puzzles/Games 12:45p –Let’s Play: Jeopardy	