

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 January 2024 Center Closed	2 11:00am: Trivial Pursuit 12:45pm: Music & Motion with Rafael	3 10:30am: Shopping at Shoprite (Pearl River)/ Table Games 12:45pm: Place Your Bets on Bingo!	4 11:00am: What is... Jeopardy? 12:45pm: Square Dancing w/ Suzi	5 11:00am: Winter Wonderland Painting 12:45pm: Friday Bingo Bash
8 10:30am: Taking the Bus to Target / Puzzles & Games 12:45pm: Chair Hockey Competition	9 11:00am: Wheel of Fortune 12:45pm: Bingo Extravaganza	10 11:00am: Nutrition Presentation w/ Gitty 12:45pm: Jay's One Man Jazz Band Performance	11 10:30am: Trip to Dollar Tree (Valley Cottage)/ Scattergories 11:00am: Group Crossword Puzzles 12:45pm: Place Your Bets on Bingo	12 11:00am: Martin Luther King Facts/ Discussion 12:45pm: Visit from Lilly the Therapy Dog
15 Martin Luther King Jr. Day Center Closed	16 10:30am: Walmart Trip / Ring Toss 11:00am: Puzzles and Tabletop Games 12:45pm: Remember When w/ Mitch	17 Nyack Birthday Celebration 11:00am: Word on the Street: Current Events Discussion Group 12:45pm: Groovin' with Randi Accordi	18 11:00am: Felt Fortune Cookie Craft Project 12:45pm: Place Your Bets on Bingo	19 11:00am: True Care Pharmacy Blood Pressure Checks/ Medication Q&A 12:45pm: Place Your Bets on Bingo
22 11:00am: Old Hollywood Trivia 12:45pm: Paint & Sip w/ Aetna	23 10:30am: Social Work Visit 11:00am: Fun with Family Feud 12:45: Seated Tai Chi w/ John Hood	24 10:30am: Trip to Walmart 12:45pm: Big Time Bingo	25 11:00am: Morning Coloring Corner 12:45pm: Afternoon Bingo	26 10:45am: Dollar Tree Field Trip/ Word Games 12:45pm: Group Crossword Puzzles
29 11:00am: Let's Play: Scattergories 12:45pm: Five in a Row Bingo	30 11:00am: Let's Talk: Getting to Know Each Other Discussion 12:45pm: Self Defense for Seniors with Master Portante	31 11:00am: Cup Stacking Tournament 12:45pm: No Bake - Mixed Berry Icebox Cake		

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.



January 2024

Monday January 1st:

New Year's Day – Center Closed

Monday January 15th:

Martin Luther King Jr. Day –

Center Closed

Wednesday January 17th –

Nyack Birthday Celebration

Senior Activity Centers Contact Information

Clarkstown/Pearl River

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Rockland County Contacts

Rockland County Executive
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Office for the Aging
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Upcoming Events:

Tuesday, January 16st:
Remember When with
Mitch

Tuesday, January 30th:
Self-Defense for
Seniors with Master
Portante