

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEBRUARY</b>			1 11:00am- Trivial Pursuit 12:45pm- Let's Play Bingo!	2 10:30am - Trip to <b>Shoprite</b> (Pearl River) 11:00am- Word Games 12:45pm- Ring Toss
5 11:00am- Wheel of Fortune 12:45pm- Chair Soccer	6 11:00am - Healing Drum Circle w/ <b>Glenn</b> 12:45pm- Let's Play Bingo	7 10:30am- Spendin' Dollars at the <b>Dollar Tree</b> (Valley Cottage) 11:00am- Group Crossword 12:45pm- Chair Hockey	8 11:00am-Word on the Street (Current Events Discussion) 12:45pm- It's Bingo Time!	9 11:00am- Lets Play Rummikub 12:45pm - Singin' Along w/ <b>Eric Lipper</b>
12 11:00am- <b>Painting</b> Project: Valentine's Day Heart Painted Rocks 12:45pm- Karaoke w/ <b>Choices</b>	13 Mardi Gras 11:00am- <b>Craft</b> Corner: Chinese New Year Mason Jars 12:45pm- Let's Play Bingo	14 11:00am- Cup Stacking Competition 12:45pm - Valentine's Day Musical Uplift w/ <b>Michelle Ami</b>	15 11:00am - Nutrition Presentation w/ <b>James</b> 12:45pm - Flex & Stretch w/ <b>Vicki</b>	16 10:30am- Shopping at <b>Walmart</b> 11:00am- Name That Tune 12:45pm - Birmingham Jail Play w/ <b>Sharon</b>
<b>President's Day Center Closed</b> 19	20 10:30am- Lets Go to <b>Target</b> 11:00am- Family Feud 12:45pm- <b>No Bake-</b> Slice of Chocolate Pie!	21 <b>Nyack Birthday Celebration</b> 11:00am- Let's Play Bingo 12:45pm- Birthday Bash w/ <b>Charlie Staxx</b>	22 11:00am- Lets Play Word Games 12:45pm- Bingo Extravaganza!	23 10:30am- Trip to <b>Shoprite</b> (Pearl River) 11:00am- Tabletop Games 12:45pm- Massages and & Relaxation w/ <b>Aetna</b>
26 10:30am- Shopping Trip to <b>Marshalls</b> 11:00am- Tabletop Games 12:45pm- Lifestyle Q&A w/ Michelangelo <b>Giordano</b>	27 10:30am- <b>Social Worker</b> Visit 11:00am- Let's Play Uno 12:45pm- Sinatra w/ <b>Bruce Hammer</b>	28 10:30am- Off to <b>Dollar Tree</b> We Go! (Valley Cottage) 11:00am- Word Games 12:45pm - Entertainment w/ <b>Jean Claude</b>	29 11:00am- Monthly Calendar Review 12:45pm- Entertainment w/ <b>Ray Longchamp</b>	

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.



**February 2024**  
Monday February 19<sup>th</sup>:  
President's Day – Center Closed

**Senior Activity Centers Contact Information**

Clarkstown/Pearl River  
Katherine Martinez  
Manager  
121 West Nyack Road  
Nanuet, NY 10954  
(845) 367-9809  
[clarkstownsac@mowrockland.org](mailto:clarkstownsac@mowrockland.org)

Nyack  
Jean Williams  
Manager  
90 Depew Avenue  
Nyack, NY 10960  
(845) 353-1311  
[nyacksac@mowrockland.org](mailto:nyacksac@mowrockland.org)

Ramapo  
Aileen Miller  
Manager  
484 New Hempstead Road  
New City, NY 10956  
(845)-356-2244  
[ramaposac@mowrockland.org](mailto:ramaposac@mowrockland.org)

Orangetown  
Deborah Traynor, Manager  
Tappan Reformed Church  
35 Kings Highway  
Tappan, NY 10983  
(845)580-2292  
[orangetownSAC@mowrockland.org](mailto:orangetownSAC@mowrockland.org)

**Rockland County Contacts**

Rockland County Executive  
Ed Day  
County Executive  
(845) 638-5122

Office for the Aging  
(845) 364-2110

**Upcoming Events:**

Tuesday, February 6<sup>th</sup>:  
Healing Drum Circle w/  
Glenn

Tuesday, February 13<sup>th</sup>:  
Barnes & Noble Cup of  
Joe Trip

Wednesday, February 21:  
Birthday Bash!