

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:00am- What Is... Jeopardy 12:45pm- Lets Play Bingo!
4 11:00am- Name That Tune 12:45pm- Mindful Living w/ <b>Rita</b>	5 11:00am- Good Morning Bingo! 12:45pm- Tai Chi w/ <b>John Hood</b>	6 10:30am- Lets Go to <b>Shoprite!</b> 🚗 11:00am- Word Games 12:45pm- <b>Painting</b> <b>Project:</b> Abstract Watercolor Design	7 11:00am- Scattergories 12:45pm- Great American Song Book Sing- Along w/ <b>Paul</b>	8 11:00am- Ring Toss 12:45pm- TGIF Bingo!
11 11:00am- Let's Play Bingo 12:45pm- Zumba Class w/ <b>Aetna</b>	12 10:30am- Lets Go to <b>Marshalls</b> 11:00am- Fun w/ Family Feud 12:45pm- <b>Craft Creation:</b> Cupcake Liner Flowers	13 11:00am- Nutrition Presentation w/ <b>Gitty</b> 12:45pm- Women's History Presentation w/ <b>Sharon</b>	14 Wear Green! 11:00am- Cup Stacking Challenge 12:45pm- St. Patty's Day Song & Dance w/ <b>Ray Longchamp</b>	15 10:30am- Lets Go to <b>Dollar</b> <b>Tree</b> (Valley Cottage) 🚗 11:00am- Trivia 12:45pm- Policing Time Square in the 80s w/ <b>Mitch</b>
18 11:00am- Easter Basket Project w/ <b>Rev. Darden</b> 12:45pm- Place Your Bets on Bingo!	19 10:30am - Trip to <b>Aldis</b> 🚗 11:00am- Guess Who: Celebrity Edition 12:45pm- Music & Motion w/ <b>Rafael</b>	20 <b>Nyack Birthday Celebration</b> 11:00am- Lets Play: Bingo 12:45pm- Birthday Celebration w/ <b>Jim Rensik</b> 🎉	21 🎉 <b>Join Us for Boot Camp</b> <b>at Dominican University</b> <b>(Located in Blauvelt,</b> <b>NY)</b> 🎉	22 11:00am- Chronic Education Event w/ Dr. <b>Scott Gottlieb</b> 12:45pm- Motown Songs w/ <b>Michelle Ami</b>
25 11:00am- Let's Play Bingo 12:45pm- Sentinel of Rockland Home Healthcare/ Medicare Presentation w/ <b>Jillian</b>	26 11:00am- Visit from <b>Social Worker/</b> April Calendar Review 12:45pm- <b>No Bake:</b> Oreo Truffles	27 10:30am- Shopping at <b>Walmart</b> 🚗 11:00am- What Is Jeopardy! 12:45pm- Music Therapy w/ <b>Jeff</b>	28 11:00am- Lets Play Bingo 12:45pm- Energy Saving 101 w/ <b>Frankie</b>	29 11:00am- Morning Word Games 12:45pm- Staying Safe at Home Presentation w/ <b>Peter</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.



**March 2024**  
Thursday, March 21st:  
Senior Boot Camp  
(Center Closed)

**Senior Activity Centers Contact Information**

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Orangetown  
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**Rockland County Contacts**

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

Office for the Aging  
(845) 364-2110

**Upcoming Events:**

Thursday, March 7th: Great American Song Book Sing- Along w/ **Paul**

Tuesday, March 19th: Music and Motion w/ Rafael

Thursday, March 21st: Senior Boot Camp!