



SENIOR ACTIVITY CENTERS

Together, We Thrive!

August 2025

👤 Exercise

👤 Social Worker

🎵 Musical Entertainment

🗣️ Speakers

🚌 Trips

🕒 Lunchtime

🎲 Games







🎨 Painting/ Craft Project

💡 Discussion Groups/ Activities

🎬 Movie

★ Performances

🎓 Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have a Question? Ask Our Manager, Danielle! 845-624-6334					1 10:30 Let's go to Shoprite! 🛒 10:45 Monopoly, Rumikub Galore! Let's Play Tabletop Games 🎲 12:00 Lunchtime! 🕒 12:45 The Creativity Corner: Water Color Painting 🎨	2 
A Special Happy Birthday to: Kimberly V. - 8/3 Ellen S. - 8/10 Norma C. - 8/16 Ronald S. - 8/20 Mary M. - 8/21 Celine S. - 8/24 Rina C. - 8/24	3 National Chocolate Chip Cookie Day 11:00 GET UP AND MOVE! Exercise Class w/ Charlese! 🚶 12:00 Lunchtime! 🕒 12:45 Mind, Body, & Soul: A Guided Meditation w/ Eileen 🧘	4 10:30 Visit from the Case Worker 🧑 10:45 Place Your Bets on Bingo! 🎲 12:00 Lunchtime! 🕒 12:45 Try Your Luck, Roll the Dice! 🎲	5 10:30 Spendin' Dollars at the Dollar Tree! 🌳 10:45 Heading to Head Rummikub (& Other Tabletop Games) 🎲 12:00 Lunchtime! 🕒 12:45 Writing Into Joy: From Silver Linings to the Best Day Ever! Writing Workshop w/ Helene (Part 1) 📖	6 10:45 "Around the World" Day! Food & Fast Facts From Other Countries 🌍 12:00 Lunchtime! 🕒 12:45 Social Security Education w/ Senior Services of America 🇺🇸	7 10:45 Gentle Stretching w/ Cami 🧘 12:00 Lunchtime! 🕒 12:45 Friday Afternoon Tunes w/ Hal Keshner! 🎵	8 Rockland County Office for the Aging: Rockland County Executive Ed Day 845-638-5122 Director of Office for the Aging Cheryl Dean-Ward 845-364-2110
 Long time, no sea!	10 10:45 Mindfulness Walk: Walking Club w/ Eileen 🚶 12:00 Lunchtime! 🕒 12:45 Monday Afternoon Tunes w/ Michelle Solomon 🎵	11 10:45 Let's Play: Wii Bowling! 🎮 12:00 Lunchtime! 🕒 12:45 Let's Play: Bingo 🎲	12 10:45 Speed Friendship (Get to Know Your Table Mates!) 📖 12:00 Lunchtime! 🕒 12:45 Writing Into Joy: From Silver Linings to the Best Day Ever! Writing Workshop w/ Helene (Part 2) 📖	13 10:30 Let's go to the Nyack Farmer's Market! 🌾 10:45 Lets Play Tabletop Games 🎲 12:00 Lunchtime! 🕒 12:45 And the Rest is History! Presentation w/ Marty Cohen 📺	14 10:45 Place Your Bets on Bingo! 🎲 12:00 Lunchtime! 🕒 12:45 TED Talk & Popcorn (Watch Short talk & Discuss) 🎥	15 
	17 10:45 Craft Creation: Designing Paper Flowers 🎨 12:00 Lunchtime! 🕒 12:45 Mind, Body and Soul: Tai Chi Class w/ John Hood 🧘	18 10:30 Let's Go to Card Smart 🧠 10:45 Let's Play: Canasta & Rummikub Cube 🎲 12:00 Lunchtime! 🕒 12:45 Drop the Mic: Karaoke Afternoon! 🎤	19 Clarkstown Birthday Party! 10:45 Let's Play Birthday Double Bingo! 🎲 12:00 Lunchtime! 🕒 1:00 Musical Entertainment Brought to You By Jean-Claude 🎵	20 Senior Citizens Day 10:45 Clarkstown Classics: Let's Watch Breakfast at Tiffany's 📺 12:00 Lunchtime! 🕒 12:45 "Remember When" Storytelling Sessions 📖	21 10:45 Place Your Bets on Bingo! 🎲 12:00 Lunchtime! 🕒 12:45 Music and Motion Class Led By Rafael! 🧘	22 
	24 10:30 Let's Go to: Shoprite! 🛒 10:45 Let's Play Pokeno w/ Prizes 🎲 12:00 Lunchtime! 🕒 12:45 Attending Homecare Presentation w/ Chava 🗣️	25 10:45 Painting Project: Paper Roll Fireworks 🎨 12:00 Lunchtime! 🕒 12:45 Let's Talk Nutrition w/ James 🥗	26 10:45 How Do You Spell... Spelling Bee Competition! 📖 12:00 Lunchtime! 🕒 12:45 The Circus Returns to Clarkstown! 🎪	27 10:30 Let's Go to: The Nyack Farmers Market 🌾 10:45 Let's Play Pokeno w/ Prizes 🎲 12:00 Lunchtime! 🕒 12:45 Let's Play: Bingo! 🎲	28 10:45 Compliment Day (Share a Compliment with the Person Next to You) 📖 12:00 Lunchtime! 🕒 12:45 Let's Boogie Down w/ Dolan! 🕺	29 30 