



MEALS


on WHEELS


ROCKLAND


SENIOR ACTIVITY CENTERS


Together, We Thrive!



September 2025


-  Exercise


 Social Worker


 Musical Entertainment


 Trips








 Lunchtime
-  Games

 Painting/ Craft Project

 Discussion Groups/ Activities

 Movie

 Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Have a Question? Ask Our Manager, Danielle! 845-624-6334</div>	<div>Labor Day -- Center Closed</div> <div>1</div> <div>Labor Day</div>	<div>2</div> <div>10:30 Visit from the Case Worker</div> <div>10:45 Let's Play: Scattergories</div> <div>12:00 Lunchtime</div> <div>12:45 Tuesday Afternoon Musical Performance w/ Jimmy Walsh</div>	<div>3</div> <div>10:45 Let's Play: Wii Bowling & Sports</div> <div>11:00 Let's Go to Joe & Joe Restaurant</div> <div>12:00 Lunchtime</div> <div>12:45 Gratitude Workshop: What Am I Grateful For?</div>	<div>4</div> <div>10:30 Walking Club Goes to the Palisades Mall!</div> <div>10:45 Let's Play Rummikub & Tabletop Games</div> <div>12:00 Lunchtime</div> <div>12:45 Let's Play: Bingo!</div>	<div>5</div> <div>10:45 Let's Play Pokeno (w/ Prizes)</div> <div>11:00 Trip to The Finkelstein Library & Farm Stand! (Sign-Up Required)</div> <div>12:00 Lunchtime</div> <div>12:45 Let's Have Fun, Game Day!</div>	<div>6</div> <div></div>
<div>7</div> <div>A Special Happy Birthday To: Catherine B. - 9/6 Laura A. - 9/11 Kayani J. - 9/15 Alfred M. - 9/23 Justina N. - 9/26</div>	<div>8</div> <div>Celebrating Senior Center Month With a Full Day of Music!</div> <div>10:45 Drop the Mic! Let's Sing & Dance to Karaoke</div> <div>12:00 Lunchtime</div> <div>12:45 Monday Afternoon Tunes w/ Eric Lipper!</div>	<div>9</div> <div>11:00 HiYa! Let's Learn Self Defense w/ Master Portante!</div> <div>12:00 Lunchtime</div> <div>12:45 Wheel Of Fortune</div>	<div>10</div> <div>Open House Day (Invite Your Friends!)</div> <div>11:00 Stretching and Exercise w/ Willow Tree Yoga</div> <div>12:00 Lunchtime</div> <div>12:45 International Food Tasting With All the Guests!</div>	<div>11</div> <div>10:30 Let's Go to ShopRite</div> <div>10:45 Let's Play Tabletop Games!</div> <div>12:00 Lunchtime</div> <div>12:45 Put Your Dukes Up! Low Impact Boxing w/ the Title Boxing Club!</div>	<div>12</div> <div>Game Day</div> <div>10:45 Pokeno w/ Prizes !</div> <div>12:00 Lunchtime</div> <div>12:45 Place Your Bets on Bingo!</div>	<div>13</div> <div>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</div>
<div>14</div> <div><div>He was outstanding in his field!</div></div>	<div>15</div> <div>10:30 Mindfulness Meditation w/ Danielle</div> <div>11:00 Let's Talk Nutrition w/ Gitty</div> <div>12:00 Lunchtime</div> <div>12:45 Mind, Body and Soul: Tai Chi Class w/ John Hood</div>	<div>16</div> <div>10:30 Let's go to TJMaxx!</div> <div>10:45 Let's Play Rumikub & Tabletop Games</div> <div>12:00 Lunchtime</div> <div>12:45 Fire Drill & Safety Education w/ Peter Byrnes & the Rockland County Fire Center</div>	<div>17</div> <div>Senator Bill Weber's Annual Senior Fair (Sign Up Required)</div> <div>Join Us!</div>	<div>18</div> <div>10:45 Let's Play: Morning Bingo!</div> <div>12:00 Lunchtime</div> <div>12:45 Come Laugh w/ Us! Let's Watch I Love Lucy</div>	<div>19</div> <div>National Dance Day</div> <div>10:45 Documentary On Famous Historical Dancers Like Fred Astaire</div> <div>12:00 Lunchtime</div> <div>12:45 Music and Motion Class Led By Rafael!</div>	<div>20</div> <div></div>
<div>21</div> <div></div>	<div>22</div> <div>National White Chocolate Day</div> <div>10:45 Enjoy & Learn About Different Kinds of White Chocolate</div> <div>12:00 Lunchtime</div> <div>12:45 Painting Project: Pick An Object From the Center & Paint It!</div>	<div>23</div> <div>10:30 Let's go to Trader Joe's!</div> <div>10:45 Table Hockey & Other Tabletop Games!</div> <div>12:00 Lunchtime</div> <div>12:45 Let's Boogie Down w/ Dolan!</div>	<div>24</div> <div>Clarkstown Birthday Bash! (50/50 Raffle)</div> <div>10:45 Let's Play Birthday Double Bingo!</div> <div>12:00 Lunchtime</div> <div>12:45 Birthday Entertainment Brought to You By Hal K!</div>	<div>25</div> <div>National One Hit Wonder Day</div> <div>10:45 Heads Up! Let's Play Seated Volleyball!</div> <div>12:00 Lunchtime</div> <div>12:45 Guess The One Hit Wonders From the '50s!</div>	<div>26</div> <div>10:45 My Life as a Movie: Write Headlines about Your Life and Talk about It</div> <div>12:00 Lunchtime</div> <div>12:45 Place Your Bets on Bingo!</div>	<div>27</div> <div></div>
<div>28</div> <div></div>	<div>29</div> <div>11:00 Dance & Exercise Class w/ Charlese!</div> <div>12:00 Lunchtime</div> <div>12:45 Monday Afternoon Bingo</div>	<div>30</div> <div>10:45 Craft Creation: Decorating Picture Frames</div> <div>12:00 Lunchtime</div> <div>12:45 Goal! Let's Play Chair Soccer!</div>				<div></div>