










January 2026

☐ Trips
 🍰 No Bake
 🎨 Painting/Craft Project
 🎮 Games
 🎵 Musical Entertainment
 🕒 Lunchtime
 🏃 Exercise
 👤 Social Worker
 🗣️ Discussion Groups/Activities
 🏠 Health
 ★ Performances
 🎓 Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have A Question? Ask Our Manager, Jean! (845) 353 - 1131 Operating Hours: Mon-Fri 10am - 2pm				CENTER CLOSED 	1 11:00 Let's Play - Phrase On The Board 12:00 Lunchtime 12:45 Let's Play - New Year Bingo	2 Rockland County Office for the Aging: (845) 364 - 2110 Rockland County Executive Ed Day (845) 638 - 5122
	4 11:00 Nutrition with Gilly 12:00 Lunchtime 12:45 Let's Play - I Should Have Known That	5 10:45 Let's Go To: Shoprite 11:00 Table Top Games - Dominoes 12:00 Lunchtime 12:45 Exercise with Rafael	6 10:45 Project Council Meeting 11:00 Tabletop Gaming - Checkers 12:00 Lunchtime 12:45 Let's Create - Winter Wonderland Painting	7 11:00 Medicare Help with Charlene 12:00 Lunchtime 12:45 Let's Play - Bingo	8 11:00 Let's Play - Name 5 12:00 Lunchtime 12:45 Reading Session with Laurel	9 
	10 10:45 Let's Go To: Walmart 11:00 Wii Bowling 12:00 Lunchtime 12:45 Exercise with Charles	11 11:30 Drum Circle with Glenn Schloss 12:00 Lunchtime 12:45 Let's Play - The Price is Right	12 11:00 Cooking with Chef Lo Pinot 12:00 Lunchtime 12:45 Let's Play - Bingo	13 11:00 Modern Movies-Boots on the Ground/Chafes 12:00 Lunchtime 12:45 Financial Literacy Trivia with James Booth	14 11:00 Let's Play - Bingo 12:00 Lunchtime 12:45 Pictionary	15 
	16 MARTIN LUTHER KING DAY CENTER CLOSED 	17 11:00 Pet Therapy 12:00 Lunchtime 12:45 Save Energy & Save Dollars Workshop with Free K&R	18 11:00 Steel Drums with Jean-Claude 12:00 Lunchtime 12:45 Double Birthday Bingo	19 10:45 Let's Go To: Dollar Tree 11:00 Tabletop Gaming - Rummikub 12:00 Lunchtime 12:45 Play by Nyack SAC Players - A Lazy Day	20 11:00 Let's Create Mason Jar Snow Globes 12:00 Lunchtime 12:45 Music with Peter Holgren	21 
	22 10:45 Let's Go To: Aldi's 11:00 Tabletop Gaming- Jenga 12:00 Lunchtime 12:45 Holocaust Remembrance - Presentation	23 10:30 Visit from the Social Workers 11:00 Let's Play - Bingo 12:00 Lunchtime 12:45 Tai Chi with John Hood	24 11:00 Reading Session with Laurel 12:00 Lunchtime 12:45 Word On The Street - Center Discussion	25 11:00 Let's Play - Are You Smarter Than A 5th Grader? 12:00 Lunchtime 12:45 Let's Play - Bingo	26 11:00 Let's Play - What is in Your Water? 12:00 Lunchtime 12:45 Music with Jimmy Walsh	27 