

# March 2026

- Exercise
- Social Worker
- Musical Entertainment
- Trips
- Lunchtime
- Games
- Painting/ Craft Project
- Discussion Groups/ Activities
- Movie
- Performances
- Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 10:30 Let's Go to Wegmans! 11:00 Let's Bowl! 12:00 Lunchtime 12:45 Tai Chi with John Hood	3 10:30 Visit from the Case Worker 11:00 Crafts with Terry! 12:00 Lunchtime 12:45 Yoga with Terry!	4 11:00 Music with Hal Keshner! 12:00 Lunchtime 12:45 Bingo!	5 11:00 Self-Defense w/ Master Portante 12:00 Lunchtime 12:45 Chair Soccer!	6 11:00 Bingo! 12:00 Lunchtime 12:45 Exercise with Rafael!	7 
8 Have a Question? Ask Our Manager, Matthew! (845) 624 - 6334 Hours of Operation: Monday - Friday 10am - 2pm	9 11:00 Nutrition with Gitty! 12:00 Lunchtime 12:45 Music with Ray Longchamp	10 11:00 Crafts with Terry! 12:00 Lunchtime 12:45 Bingo!	11 11:00 Music with Eric Lipper 12:00 Lunchtime 12:45 Discover Live!	12 10:30 Let's Go to T.J.Maxx! 11:00 Let's Play Cards! 12:00 Lunchtime 12:45 Bingo!	13 11:00 Let's Play Pokeno! 12:00 Lunchtime 12:45 Let's Watch "James Bond Dr. No"	14 Rockland County Office for the Aging: <b>Rockland County Executive: Ed Day</b> 845-638-5122 <b>Director of Office for the Aging Cheryl Dean-Ward</b> 845-364-2110
15 	16 11:00 Let's Get Moving with Charlese! 12:00 Lunchtime 12:45 Karaoke!	17 10:30 Let's Go to Dollar Tree! 11:00 Tabletop Gaming! 12:00 Lunchtime 12:45 Free Paint on Canvas!	18 Clarkstown Birthday Bash! 11:00 Music with Michelle Solomon 12:00 Lunchtime 12:45 Double Birthday Bingo!	19 11:00 Let's Play Pokeno! 12:00 Lunchtime 12:45 Gleeful Wellness with Shlomit	20 11:00 Let's Play Geo-Guesser! 12:00 Lunchtime 12:45 Bingo!	21 
22 	23 11:00 Music with Peter Holmgren! 12:00 Lunchtime 12:45 Name That Tune!	24 10:30 Let's Go To Ocean State Job Lot! 11:00 Let's Play Words With Friends! 12:00 Lunchtime 12:45 Bingo!	25 11:00 Let's Play Pokeno! 12:00 Lunchtime 12:45 Let's Play Wii Games!	26 Senior Boot Camp At Dominican University (Registration Required)  <i>Join Us!</i>	27 11:00 Uplift with Michele Solomon 12:00 Lunchtime 12:45 Bingo!	28 
29 	30 11:00 Let's Play Axe Throwing! 12:00 Lunchtime 12:45 Bingo!	31 11:00 April Calendar Review! 12:00 Lunchtime 12:45 Let's Play Bean Bag Toss!				<i>Spring is in the air</i>