

















SENIOR ACTIVITY CENTERS

Together, We Thrive!

May 2026

- 🚶 Exercise
- 👤 Social Worker
- 🕒 Lunchtime
- 🎮 Games
- 🎵 Musical Entertainment
- 🗣️ Painting/ Craft Project
- 🗣️ Speakers
- 💡 Discussion Groups/ Activities
- 🚌 Trips
- 🎬 Movie
- 🎓 Educational

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Have a Question? Ask Our Manager, Matthew! (845) 624- 6334 Hours of Operation: Monday - Friday 10am -2pm</p>					<p>1 10:45 May Calendar Review♥ 11:00 Puzzle Corner: Wordsearches and Crosswords🎮 12:00 Lunchtime🕒 12:45 Qigong with Eduardo Parilla 🚶</p>	<p>2 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</p>
	<p>3 4 10:45 Fitness with Dolan Williams🚶 12:00 Lunchtime🕒 12:45 Let's Play Bingo!🎮</p>	<p>5 6 10:30 Visit from the Case Worker 🚶 11:00 Rethink Your Drink with Healthfirst👤 12:00 Lunchtime🕒 12:45 I Should've Known That: Trivia!🗣️</p>	<p>7 8 11:00 And the Rest is History! Presentation with Marty Cohen👤 12:00 Lunchtime🕒 12:45 Battle of the Bullseye: Let's Play Axe-Throwing!🚶</p>	<p>9 10 10:30 Brain Boost: Let's Play Jeopardy!🎮 10:45 Project Council Meeting 🗣️ 12:00 Lunchtime🕒 12:45 Let's Paint: Butterfly Bliss🎨</p>		
<p>10 11 <i>Mother's Day</i></p>	<p>11 12 11:00 Uplift with Michelle Solomon🚶 12:00 Lunchtime🕒 12:45 Let's Play: The Price is Right 🎮</p>	<p>12 13 </p>	<p>14 15 11:00 Music with Eric Lipper!🎵 12:00 Lunchtime🕒 12:45 Let's Play Chair Soccer!🎮</p>	<p>16 17 11:00 BINGO with Fidelis Care🎮 12:00 Lunchtime🕒 12:45 Let's Play Wheel of Fortune!🎮</p>	<p>18 19 10:45 Let's Craft: Bouquet Collages🎨 12:00 Lunchtime🕒 12:45 TGIF BINGO!🎮</p>	
	<p>17 18 11:00 Nutrition with Gitty!🗣️ 12:00 Lunchtime🕒 12:45 Qigong with Eduardo Parilla 🚶</p>	<p>19 20 10:30 Let's Go to ShopRite🚶 11:00 It's Game Time: Let's Play Cards and Dominoes! 🎮 12:00 Lunchtime🕒 12:45 Let's Play Axe-Throwing!🚶</p>	<p>21 22 Clarkstown Birthday Bash! 11:00 Music with Hal Keshner!🎵 12:00 Lunchtime🕒 12:45 Double Birthday Bingo!🎮</p>	<p>23 24 10:30 Let's Go to TJ Maxx🚶 11:00 Let's Play: Pokeno🎮 12:00 Lunchtime🕒 12:45 Gleeeful Wellness with Shlomit🚶</p>	<p>25 26 10:45 Let's Go Outside! Friday Morning Walk Club🚶 12:00 Lunchtime🕒 12:45 TGIF BINGO!🎮</p>	
<p>24 25 </p>	<p>26 27 Memorial Day - Center Closed</p>	<p>28 29 10:45 Let's Play: Pokeno🎮 12:00 Lunchtime🕒 12:45 Music with Michelle Solomon🎵</p>	<p>30 31 10:45 Let's Play Chair Soccer🚶 11:00 Grand Buffet Luncheon (sign-up and fee required)🗣️ 12:00 Lunchtime🕒 12:45 Let's Play Afternoon Bingo!🎮</p>	<p>31 32 10:30 Let's Go to Trader Joe's 🚶 10:45 It's Game Time: Cards, Dominoes, & Tabletop Games 🎮 12:00 Lunchtime🕒 12:45 Let's Play Wii Games🎮</p>	<p>32 33 11:00 TGIF BINGO!🎮 12:00 Lunchtime🕒 12:45 Horticultural Therapy with the Cornell Cooperative Extension: Botanical Prints♥</p>	
<p>31 32 </p>	<p>33 34 </p>					