



SENIOR ACTIVITY CENTERS

Together, We Thrive!

July 2026

- 👤 Social Worker

🚌 Trips

🏃 Exercise

🎲 Games

🎨 Painting/ Craft Project
- 🎵 Musical Entertainment

🕒 Lunchtime

🍰 No Bake

🎓 Educational

🎬 Movies
- ♥ Discussion Groups/ Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have a Question? Ask Our Manager, Sheila! 845-580-2292 Hours of Operation: Monday - Friday 10:00 AM - 2:00 PM			11:00 Music with Michelle Solomon🎵 12:00 Lunchtime🕒 12:45 Let's Play: Jeopardy🎲	11:00 Balance and Breathe: Qigong with Eduardo Parilla👤🏃 12:00 Lunchtime🕒 12:30 Craft: Red, White, and Blue Straw Wreath🎨		Independence Day 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
	10:45 Let's Play: Canasta & Rummikub Cube🎲 12:00 Lunchtime🕒 12:45 Let's Get Moving with Charlese!🏃👤	10:45 Let's Play: How Long Can You Keep the Ball in the Air🏀🏃 12:00 Lunchtime🕒 12:45 Games with Healthfirst🎲	10:30 Let's Go To: Rockland Bakery🚌 10:45 Let's Play: Table Top Games🎲 12:00 Lunchtime🕒 12:45 Let's Play: Hangman🎲	10:45 Let's Play: Words in a Word🎲 12:00 Lunchtime🕒 12:30 Piermont Pier 12:45 Mindful Minutes: Coloring Pages and Word Searches♥	10:45 Friday Morning Bingo!🎲 12:00 Lunchtime🕒 12:45 Exercise with Rafael!🏃👤	
A Very Special Birthday to: Asghik "Anna" H. - 7/14 Lucille Z. - 7/23 Domenica "Mickie" P. - 7/24	10:45 Let's Play: Canasta & Rummikub Cube🎲 12:00 Lunchtime🕒 12:45 Let's Play: Are You Smarter Than A Fifth Grader!?🎲	10:30 Let's Go To: Dollar Store (V.C.)🚌 10:45 Let's Play: Table Top Games🎲 12:00 Lunchtime🕒 12:45 No Bake: Cherry Cheesecake🍰	ORANGETOWN BIRTHDAY BASH (50/50 Raffle) 10:45 Double Birthday Bingo!🎲 12:00 Lunchtime🕒 12:45 Steel Drums with Jean-Claude🎵	11:00 Paint and Sip with Shy Diaz🎨 12:00 Lunchtime🕒 12:45 Move That Body With Chair Yoga!🏃👤	10:45 Let's Play: Uno!🎲 12:00 Lunchtime🕒 12:30 Let's Play: Table Top Games🎲 12:45 Orangetown Walking Club: Let's Walk to the Park🏃👤	
	10:45 Let's Play: Canasta & Rummikub Cube🎲 12:00 Lunchtime🕒 12:45 Tai Chi with John Hood🏃👤	10:30 Visit from the Social Worker👤 10:45 Let's Play Yahtzee🎲 12:00 Lunchtime🕒 12:30 Let's Play: Table Top Games🎲 12:45 Orangetown Walking Club: Let's Walk to the Park🏃👤	11:00 Food for Thought: Nutrition Program👤 12:00 Lunchtime🕒 12:45 Let's Play: Wheel of Fortune!🎲		10:30 Let's Go To: ShopRite🚌 10:45 Deck of Fun: Let's Play Cards!🎲 12:00 Lunchtime🕒 12:45 Afternoon Bingo🎲	
	10:45 Let's Play: Canasta & Rummikub Cube🎲 12:00 Lunchtime🕒 12:45 Balance and Breathe: Qigong with Eduardo Parilla👤🏃	11:00 BINGO with Fidelis Care🎲 12:00 Lunchtime🕒 12:45 Let's Play: Charades🎲	11:00 Uplift with Michelle Solomon👤🏃 12:00 Lunchtime🕒 12:45 Let's Play: Price Is Right🎲	10:30 Let's Go To: Trader Joe's!🚌 10:45 Let's Play: Table Top Games🎲 12:00 Lunchtime🕒 12:45 Let's Play: Hangman🎲	10:00 Movie Day at Orangetown🎬 12:00 Lunchtime🕒 12:45 Dance, Exercise, and Rhythm with Dolan Williams!🏃👤	