



**SENIOR ACTIVITY CENTERS**

Together, We Thrive!

# July 2026

- Games
- Musical Entertainment
- Lunchtime
- Exercise
- Social Worker

- Painting/ Craft Project
- Trips
- Educational
- Discussion Groups/ Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1  <b>10:30 Let's Go to Shoprite</b>                      10:45 Let's play Cards and Dominos                      12:00 Lunchtime                      12:45 Let's Play: What's in your Wallet?</p>	<p>2  <b>11:00 Let's Paint: Fireworks for the Fourth!</b>                      12:00 Lunchtime                      12:45 Let's Play: Bingo!</p>	<p>3                      Independence Day - Centers Closed  </p>	<p>4                      Independence Day  </p>
<p>5  </p>	<p>6                      11:00 Battle of the Bullseye: Let's Play Axe-Throwing!                      12:00 Lunchtime                      12:45 Let's Play: Bingo!</p>	<p>7                      10:45 Drop the Puck: Let's Play Chair Hockey  <b>11:30 Let's Go to Lunch: Ella Restaurant New City (sign-up required)</b>                      12:00 Lunchtime                      12:45 Let's Play Pokeno!</p>	<p>8                      10:45 Let's Play: Word Hub                      12:00 Lunchtime                      12:45 Let's Listen: Name That Tune!</p>	<p>9  <b>10:30 Let's Go to the Nyack Farmers' Market</b>                      11:00 Mindful Minutes: Coloring Pages and Word Searches                      12:00 Lunchtime                      12:45 Let's Play: Bean Bag Toss</p>	<p>10                      10:45 Let's Play Bingo!                      12:00 Lunchtime  <b>12:45 Balance and Breathe: Qigong with Eduardo Parilla</b></p>	<p>11  </p>
<p>12  <b>Have a Question?</b>                      Ask Our Manager, Annette!                      (845) 624-6334                      Hours of Operation:                      Monday - Friday                      10am -2pm</p>	<p>13  <b>11:00 Food for Thought: Nutrition Program</b>                      12:00 Lunchtime                      12:45 Brain Boost: Let's Play Jeopardy!</p>	<p>14  <b>10:30 Visit from the Case Worker</b>  <b>11:00 BINGO with Fidelis Care</b>                      12:00 Lunchtime                      12:45 Let's Play Pokeno!</p>	<p>15  <b>Ramapo Birthday Bash!</b>  <b>11:00 Music with Peter Holmgren!</b>                      12:00 Lunchtime  <b>12:45 Birthday Double Bingo</b></p>	<p>16  <b>10:30 Let's Go to Walmart!</b>                      11:00 It's Game Time: Tabletop and Board Games                      12:00 Lunchtime  <b>12:45 Let's Create: Floral Craft</b></p>	<p>17  <b>11:00 Drum Circle with Glenn Schloss</b>                      12:00 Lunchtime                      12:45 Battle of the Bullseye: Let's Play Axe-Throwing!</p>	<p>18                      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</p>
<p>19  </p>	<p>20                      10:45 Let's Play: Word on Word                      12:00 Lunchtime  <b>12:45 Dance, Exercise, and Rhythm with Dolan Williams!</b></p>	<p>21  <b>10:30 Let's Go to ShopRite!</b>                      11:00 It's Game Time: Uno and Dominos                      12:00 Lunchtime  <b>12:45 Zumba with Healthfirst!</b></p>	<p>22  <b>11:00 Balance and Breathe: Qigong with Eduardo Parilla</b>                      12:00 Lunchtime                      12:45 Let's Play: Pokeno!</p>	<p>23  <b>Hudson River Boat Trip</b>  </p>	<p>24                      11:00 Let's Play: Friday Morning Bingo                      12:00 Lunchtime  <b>12:45 Exercise with Rafael!</b></p>	<p>25  </p>
<p>26  </p>	<p>27                      11:00 Ultimate UNO Tournament                      12:00 Lunchtime  <b>12:45 Let's Craft: Fruit Felt Coasters</b></p>	<p>28  <b>11:00 Uplift with Michelle Solomon</b>                      12:00 Lunchtime                      12:45 Let's Play Pokeno!</p>	<p>29  <b>11:00 Paint and Sip with Shy Diaz</b>                      12:00 Lunchtime                      12:45 Let's Play: Bingo</p>	<p>30                      11:00 Let's Play a Brain Game: Word Challenge                      12:00 Lunchtime                      12:45 Let's Play Volleyball!</p>	<p>31  <b>10:30 Let's Go to Dollar Tree!</b>                      10:45 Puzzle Corner: Word Searches and Games                      12:00 Lunchtime                      12:45 Word on the Street: Center Discussion</p>	<p>31  </p>