



SENIOR ACTIVITY CENTERS

Together, We Thrive!

August 2026

- Exercise

Social Worker

Musical Entertainment

Speakers

Trips
- Lunchtime

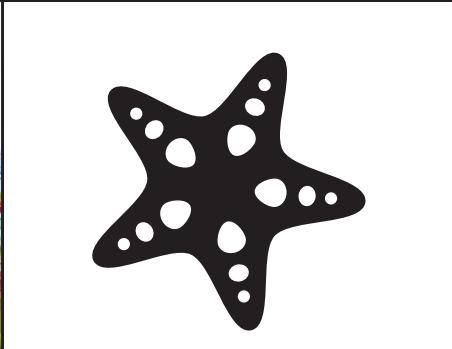
Games

No-Bake

Painting/ Craft Project

Discussion Groups/ Activities
- Movie

Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
 2	3 10:30 Let's Go to the Dollar Tree! 🗨️ 11:00 Puzzle Corner: Wordsearches and Crosswords 🎲 12:00 Lunchtime! 🕒 12:45 Tai Chi with John Hood! 🧘	4 10:30 Visit from the Case Worker 🗨️ 11:00 Uplift with Michelle Solomon! 🗨️ 12:00 Lunchtime! 🕒 12:45 Word on the Street: Center Discussion ❤️	5 10:30 Project Council Meeting at the Nanuet Office 🗨️ 11:00 Puzzle Corner: Word Searches and Crosswords 🎲 12:00 Lunchtime! 🕒 12:45 Karaoke with John Nichols! 🎵	6 10:30 Let's Go to Nyack Farmer's Market! 🗨️ 11:00 Brain Boost: Let's Play Cards and Tabletop Games 🎲 12:00 Lunchtime! 🕒 12:45 Gleeful Wellness with Shlomit! 🗨️	7 11:00 Test Your Knowledge with Some August Trivia! 🎲 12:00 Lunchtime! 🕒 12:45 TGIF BINGO! 🎲	8 
9 Have a Question? Ask Our Manager! (845) 624-6334 Hours of Operation: Monday - Friday 10am -2pm	10 11:00 Zumba with Healthfirst! 🗨️ 12:00 Lunchtime! 🕒 12:45 Reminiscing Respite: Sharing Stories of Our Childhood Neighborhoods ❤️	11 11:00 Bite into Better Health: Nutrition Talk with James 🗨️ 12:00 Lunchtime! 🕒 12:45 Let's Play Pokeno! 🎲	12 11:00 Excelcare at Norwood: Presentation by Erika! ❤️ 12:00 Lunchtime! 🕒 12:45 Taking Care of Business: Guess the Elvis Song for Elvis Week! 🎲	13 International Left-Handers Day 11:00 Brain Game: Word in a Word 🎲 12:00 Lunchtime! 🕒 12:45 Hydration Station - Let's Make Watermelon Slushies 🍹	14 11:00 Qigong with Eduardo Parilla 🗨️ 12:00 Lunchtime! 🕒 12:45 TGIF BINGO! 🎲	15 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
16 	17 11:00 Let's Play: Word Elimination Game 🎲 12:00 Lunchtime! 🕒 12:45 Activity with The Sentinel ❤️	18 10:30 Let's Go to ShopRite! 🗨️ 11:00 Mindful Minutes: Coloring Pages and Word Searches ❤️ 12:00 Lunchtime! 🕒 12:45 Brain Boost: Let's Play Jeopardy! 🎲	19 Clarkstown Birthday Bash! 11:00 Music with Peter Holmgren! 🎵 12:00 Lunchtime! 🕒 12:45 Double Birthday Bingo! 🎲	20 10:30 Let's Go to Stew Leonard's! 🗨️ 11:00 It's Game Time: Cards, Dominoes, & Tabletop Games 🎲 12:00 Lunchtime! 🕒 12:45 Let's Play Hangman! 🎲	21 11:00 Painted Pebbles: Nature-Themed Rock Painting 🎨 12:00 Lunchtime! 🕒 12:45 TGIF BINGO! 🎲	22 
23 August	24 11:00 Deal Me In! Carl Lepinski from the Traveling Poker Academy 🎲 12:00 Lunchtime! 🕒 12:45 Let's Play Monday Afternoon Bingo! 🎲	25 11:00 Let's Play Pokeno! 🎲 12:00 Lunchtime! 🕒 12:45 Let's Have a Laugh: Jokes-ercise Show with Howard Newman 🗨️	26 10:30 Let's Go to Kohl's! (Senior Discount Day) 🗨️ 11:00 Mindful Minutes: Coloring Pages and Word Searches ❤️ 12:00 Lunchtime! 🕒 12:45 Let's Play Wednesday Afternoon Bingo! 🎲	27 11:00 Let's Play Basketball! 🎲 12:00 Lunchtime! 🕒 12:45 Hammer's Remembering Presents: NYC 1969-70 Jets, Mets, Knicks WOW! 🗨️	28 10:30 Clarkstown Movie Day! 🎬 12:00 Lunchtime! 🕒 12:45 Exercise with Rafael! 🗨️	29 
30 	31 11:00 Let's Play Monday Morning Bingo! 🎲 12:00 Lunchtime! 🕒 12:45 Qigong with Eduardo Parilla 🗨️					