



SENIOR ACTIVITY CENTERS

Together, We Thrive!

August 2026

- Educational

Musical Entertainment

Trips

Painting Project/ Crafts

Discussion Groups/ Activities
- Game

Lunchtime

Exercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have a Question? Ask Our Manager, Hilda! (845) 947-8005 Hours of Operation: Monday - Friday 10am-2pm						1 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
2 	3 10:30 Let's Go to Trader Joe's! 11:00 Let's Play Tabletop Games! 12:00 Lunchtime!🍴 12:45 Place Your Bets On Double Bingo!	4 10:45 Let's Play: Pokeno! 12:00 Lunchtime!🍴 12:45 Qigong with Eduardo Parilla	5 10:30 Project Council Meeting at the Nanuet Office 11:00 Let's Play Word In A Word! 12:00 Lunchtime!🍴 12:45 Let's Play Jeopardy!	6 10:30 Let's Go to the Nyack Farmers' Market! 11:00 Let's Play Scrabble! 12:00 Lunchtime!🍴 12:45 Let's Play Bingo!	7 10:30 Friday Morning Exercise with Luke! 12:00 Lunchtime!🍴 12:45 Let's Play Trivia!	8
9 	10 11:00 Place Your Bets On Double Bingo! 12:00 Lunchtime!🍴 12:45 Deal Me In! Carl Lepinksi from the Traveling Poker Academy	11 11:00 Excelcare at Norwood: Presentation by Erika!❤️ 12:00 Lunchtime!🍴 12:45 Let's Play: Pokeno!	12 10:30 Let's Go to Target! 11:00 Let's Do Crossword Puzzles! 12:00 Lunchtime!🍴 12:45 Let's Create A Craft Stick Fan!	13 10:30 Let's Go Outside to Haverstraw Bay! 11:00 Puzzle Corner: Word Searches 12:00 Lunchtime!🍴 12:45 Let's Play Bingo!	14 11:00 Gleeeful Wellness with Shlomit! 12:00 Lunchtime!🍴 12:45 Stitch Club: Knitting Project Brought to You by Jamie Kreitman	15
16 	17 11:00 Place Your Bets on Bingo! 12:00 Lunchtime!🍴 12:45 Tai Chi with John Hood!	18 10:45 Let's Play: Pokeno! 12:00 Lunchtime!🍴 12:45 Bite into Better Health: Nutrition Talk with James	19 Haverstraw Birthday Bash (50/50) 11:00 Music with Eric Kerssen! 12:00 Lunchtime!🍴 12:45 Let's Play Birthday Double Bingo!	20 11:00 Uplift with Michelle Solomon 12:00 Lunchtime!🍴 12:45 Let's Play Charades!	21 10:30 Let's Go To Barnes & Noble! 11:00 Let's Play Dominoes! 12:00 Lunchtime!🍴 12:45 Exercise with Rafael!	22
23 	24 10:30 Let's Go to the 99¢ Store! 11:00 Let's Play Monopoly! 12:00 Lunchtime!🍴 12:45 Place Your Bets On Double Bingo!	25 10:30 Let's Go to Jill's Ceramics! (fee required) 11:00 Let's Play Cards! 12:00 Lunchtime!🍴 12:45 Let's Play: Pokeno!	26 11:00 Games with Healthfirst!❤️ 12:00 Lunchtime!🍴 12:45 Let's Name That Tune!	27 10:30 Let's Go to ShopRite! 11:00 Let's Play Life! 12:00 Lunchtime!🍴 12:45 Let's Have a Laugh: Jokes-ercise Show with Howard Newman!	28 11:00 Friday Morning Exercise with Luke! 12:00 Lunchtime!🍴 12:45 Stitch Club: Knitting Project Brought to You by Jamie Kreitman	29
30 	31 11:00 Place Your Bets On Double Bingo! 12:00 Lunchtime!🍴 12:45 Music with Michelle Solomon!					