



SENIOR ACTIVITY CENTERS

Together, We Thrive!

August 2026

- Trips

Painting/ Craft Project

Games

Speakers

Musical Entertainment
- Lunchtime

Exercise

Social Worker

Discussion Groups/Activities

Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
 2	3 10:45 Let's Play - BINGO 12:00 Lunchtime 12:45 Let's Play - The Price Is Right	4 11:00 BridgeMusik Presents: Summer Festival 2026 Jazz Ensemble 12:00 Lunchtime 12:45 Ted Talk - Group Discussion	5 10:30 Project Council Meeting at the Nanuet Office 11:00 Wordsearches and Puzzles 12:00 Lunchtime 12:45 Let's Move: Chair Yoga with Karon Shovers	6 10:30 Nyack Farmer's Market 11:00 Table Top Games - Dominos 12:00 Lunchtime 12:45 Let's Play - BINGO	7 10:30 Let's Go Shopping - ShopRite 11:00 Let's Play - Word Links 12:00 Lunchtime 12:45 Qigong with Eduardo Parilla	8 
9 Have a Question? Ask our Manager, Jean! (845) 353-1311 Hours of Operation: Monday - Friday 10am-2pm	10 11:00 Let's Play - Don't Touch The Color 12:00 Lunchtime 12:45 Exercise with Rafael	11 10:30 Let's Go Shopping - Dollar Tree 11:00 Tabletop Games - Pokeno 12:00 Lunchtime 12:45 Let's Listen: Storytelling with Laurel B.	12 10:45 Let's Play - BINGO 12:00 Lunchtime 12:45 Music with Paul Speziale and Michelle Solomon	13 10:30 Nyack Farmer's Market 11:00 Excelcare at Norwood: Presentation by Erika 12:00 Lunchtime 12:45 Zumba with Healthfirst	14 11:00 Let's Play - RIDDLES 12:00 Lunchtime 12:45 Let's Play - 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
	17 10:30 Let's Go Shopping - Target 11:00 Tabletop Games - Chess 12:00 Lunchtime 12:45 Bite into Better Health: Nutrition Talk with James	18 11:00 Let's Play - Are You Smarter Than a 5th Grader? 12:00 Lunchtime 12:45 Real Estate Planning with Jo Friedman	19 BIRTHDAY-PIZZA PARTY 10:30 50/50 Raffle 11:00 Let's Play Birthday BINGO 12:00 Lunchtime 12:45 Music with Albert Ahlf	20 10:30 Nyack Farmer's Market 11:00 Fall Floral Wall Hanging- Frances 12:00 Lunchtime 12:45 Uplift with Michelle Solomon	21 National Senior Citizen Day 11:00 Let's Get Physical - Chair Volley Ball 12:00 Lunchtime 12:45 Let's Play - BINGO	22 
	24 10:45 Let's Play - Monday Morning BINGO 12:00 Lunchtime 12:45 Qigong with Eduardo Parilla	25 10:30 Visit from the Social Worker 11:00 Wordsearches and Puzzles 12:00 Lunchtime 12:45 Deal Me In! Carl Lepinski from the Traveling Poker Academy	26 11:00 Word on the Street - Center Discussion - Project Council 12:00 Lunchtime 12:45 Move and Groove: Music and Dance with Randy Accardi	27 10:30 Nyack Farmer's Market 11:00 Wordsearches and Puzzles 12:00 Lunchtime 12:45 Gleeful Wellness with Shlomit	28 10:45 Let's Play - FRIDAY BINGO 12:00 Lunchtime 12:45 Hammer's Remembering Presents: NYC 1969-70 Jets, Mets, Knicks WOW!	29 
	31 10:30 Let's Go Shopping - Wegmans 11:00 Let's Play Tabletop Games - Head Bandz 12:00 Lunchtime 12:45 Let's Play - BINGO					