



SENIOR ACTIVITY CENTERS

Together, We Thrive!

August 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	A Very Special Happy Birthday to: Martha Ellen M. - 8/13 Marie L. - 8/14 Patricia O. - 8/22 William “Bill” M. - 8/27					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 10:45 Let’s Play: Canasta & Rummikub Cube 12:00 Lunchtime 12:45 Uplift with Michelle Solomon	4 10:30 Let’s Go to: Target 11:00 Puzzle Corner: Word Searches and Crosswords 12:00 Lunchtime 12:45 Craft: Summer Picture Frames	5 10:30 Project Council Meeting at the Nanuet Office 10:45 Let’s Play: Uno! 12:00 Lunchtime 12:30 No Bake: Yogurt Parfait 12:45 Let’s Play: Table Top Games	6 11:00 BridgeMusik Presents: Summer Festival 2026 Classical Trio 12:00 Lunchtime 12:45 Let’s Play: Pictionary	7 10:45 Let’s Learn Line Dancing 12:00 Lunchtime 12:45 Let’s Play: Charades	8
9 	10 10:45 Let’s Play: Canasta & Rummikub Cube 12:00 Lunchtime 12:45 Games with Healthfirst	11 10:30 Let’s Play: Words in a Word 10:45 Let’s Play: Table Top Games 12:00 Lunchtime 12:45 Music with Peter Holmgren	12 10:30 Let’s Go To: ShopRite 10:45 Deck of Fun: Let’s Play Cards 12:00 Lunchtime 12:45 Qigong with Eduardo Parilla	13 10:30 Let’s Go To: Nyack Farmers Market 10:45 Let’s Play: Table Top Games 12:00 Lunchtime 12:45 Let’s Play the Logo Game	14 10:45 Friday Morning Bingo 12:00 Lunchtime 12:45 Exercise with Rafael	15
16 	17 10:45 Let’s Play: Canasta & Rummikub Cube 12:00 Lunchtime 12:45 Let’s Play: Price Is Right	18 10:30 Visit from the Social Worker 11:00 Excelcare at Norwood: Presentation by Erika 12:00 Lunchtime 12:30 Let’s Go To:Dairy Queen 12:45 Let’s Play: Table Top Games	19 ORANGETOWN BIRTHDAY BASH (50/50 Raffle) 11:00 Music with Michelle Solomon 12:00 Lunchtime 12:45 Double Birthday Bingo	20 10:30 Let’s Go To: Goodwill 10:45 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime 12:45 Let’s Play: Are You Smarter Than A Fifth Grader	21 NATIONAL SENIOR CITIZENS DAY 11:00 Bite into Better Health: Nutrition Talk with James 12:00 Lunchtime 12:30 Orangetown Walking Club: Let’s Walk to the Park 12:45 Let’s Play: Table Top Games	22
23 	24 10:45 Let’s Play: Canasta & Rummikub Cube 12:00 Lunchtime 12:45 Carl Lepinski from the Traveling Poker Academy	25 11:00 Let’s Have a Laugh: Jokes-ercise Show with Howard Newman 12:00 Lunchtime 12:45 Let’s Play: How Long Can You Keep the Ball in the Air	26 10:45 Move That Body With Chair Yoga 12:00 Lunchtime 12:45 Let’s Play: Words in a Word	27 11:00 Gleeful Wellness with Shlomit 12:00 Lunchtime 12:45 Let’s Play: Hangman	28 10:00 Movie Day at Orangetown 12:00 Lunchtime 12:30 Let’s Go To: Piermont Creamery 12:45 Let’s Play: Table Top Games	29
30 	31 10:45 Let’s Play: Canasta & Rummikub Cube 12:00 Lunchtime 12:45 Afternoon Bingo					