



SENIOR ACTIVITY CENTERS

Together, We Thrive!

August 2026

- Games

Musical Entertainment

Lunchtime

Exercise

Social Worker
- Trips

Educational

Discussion Groups/ Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00 Let's Get Moving with Charlese!🚶🏻‍♂️🚶🏻‍♂️ 12:00 Lunchtime🕒 12:45 Ultimate Uno Tournament🎲	10:30 Let's Go to Walmart!🚗 10:45 Let's Play Axe-Throwing!🎯 12:00 Lunchtime🕒 12:30 Ice Cream Social (fee required)🕒	10:30 Project Council Meeting at the Nanuet Office♥ 11:00 Let's Play Word Hub🎲 12:00 Lunchtime🕒 12:45 Qigong with Eduardo Parilla 🚶🏻‍♂️	10:30 Let's Go to the Nyack Farmers' Market🚗 11:00 Let's Play Bean Bag Toss!🎲 12:00 Lunchtime🕒 12:45 Let's Play Bingo! 🎲	11:00 BridgeMusik Presents: Summer Festival 2026 Woodwind Quintet🎵 12:00 Lunchtime🕒 12:45 Exercise with Rafael!🚶🏻‍♂️🚶🏻‍♂️	
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	11:00 Deal Me In! Carl Lepinksi from the Traveling Poker Academy 🎲 12:00 Lunchtime🕒 12:45 Activity with The Sentinel ♥	10:30 Visit from the Case Worker🚶🏻‍♂️ 11:00 Puzzle Corner: Word Searches and Games🎲 12:00 Lunchtime🕒 12:45 Drop the Puck: Let's Play Chair Hockey🎲	10:30 Let's Go to Rockland Bakery!🚗 11:00 Brain Boost: Let's Play Cards and Tabletop Games🎲 12:00 Lunchtime🕒 12:45 Let's Play Bingo!🎲	11:00 It's Game Time: Uno and Dominoes!🎲 12:00 Lunchtime🕒 12:45 Bite into Better Health: Nutrition Talk with James🍴	11:00 TGIF BINGO!🎲 12:00 Lunchtime🕒 12:45 Gleeful Wellness with Shlomit!🚶🏻‍♂️🚶🏻‍♂️	Have a Question? Ask Our Manager, Annette! (845) 356-2244 Hours of Operation: Monday - Friday 10am -2pm
	11:00 Brain Quest: Word Challenge Game🎲 12:00 Lunchtime🕒 12:45 Let's Play Monday Afternoon Bingo!🎲	10:30 Let's Go to Amazing Savings!🚗 11:00 Mindful Minutes: Coloring Pages and Word Searches♥ 12:00 Lunchtime🕒 12:45 Let's Play Pokeno!🎲	Ramapo Birthday Bash!! 11:00 Music with Mary Taylor!🎵 12:00 Lunchtime🕒 12:45 Let's Play Double Birthday Bingo!🎲	11:00 Brain Boost: Let's Play Jeopardy!🎲 12:00 Lunchtime🕒 12:45 Battle of the Bullseye: Let's Play Axe-Throwing!🎯	10:30 Let's Go to ShopRite!🚗 11:00 Puzzle Corner: Word Searches and Crosswords🎲 12:00 Lunchtime🕒 12:45 Music with Michelle Solomon!🎵	
	11:00 Let's Play Bingo!🎲 12:00 Lunchtime🕒 12:45 Tai Chi with John Hood!🚶🏻‍♂️🚶🏻‍♂️	11:00 Qigong with Eduardo Parilla 🚶🏻‍♂️ 12:00 Lunchtime🕒 12:45 Let's Play Word Hub🎲	10:30 Let's Go to Dollar Tree!🚗 11:00 It's Game Time: Uno and Dominoes🎲 12:00 Lunchtime🕒 12:45 Zumba with Healthfirst!🚶🏻‍♂️🚶🏻‍♂️	11:00 Excelcare at Norwood: Presentation by Erika!♥ 12:00 Lunchtime🕒 12:45 Let's Play Bean Bag Toss!🎲	11:00 Let's Play Bingo!🎲 12:00 Lunchtime🕒 12:45 Battle of the Bullseye: Let's Play Axe-Throwing!🎯	
	11:00 Brain Boost: Let's Play Jeopardy!🎲 12:00 Lunchtime🕒 12:45 Let's Play Bingo!🎲					