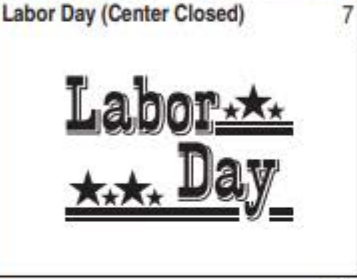


September 2026

- 👤 Exercise
- 👤 Social Worker
- 🎵 Musical Entertainment
- 🚗 Trips
- 🕒 Lunchtime
- 🎲 Games
- 🍪 No-Bake
- 🎨 Painting/ Craft Project
- 💡 Discussion Groups/ Activities
- 🎓 Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Visit from the Caseworker 🇺🇸 11:00 Self-Defense with Master Portante 🇺🇸 12:00 Lunchtime 🕒 12:45 Let's Play Wheel of Fortune! 🎲	2 11:00 Guess the Far-Out Foods of the 1970s 🎲 12:00 Lunchtime 🕒 12:45 Let's Play Pokeno! 🎲	3 10:30 Let's Go to the Nyack Farmers' Market 🇺🇸 11:00 It's Game Time: Cards, Dominoes, & Tabletop Games 🎲 12:00 Lunchtime 🕒 12:45 Music with Michelle Solomon! 🎵	4 11:00 Let's Play Bean Bag Toss! 🎲 12:00 Lunchtime 🕒 12:45 Let's Play Friday Bingo! 🎲	5 
	6 Labor Day (Center Closed) 	7 10:30 Let's Go to ShopRite! 🇺🇸 11:00 Let's Play: Word in a Word 🎲 12:00 Lunchtime 🕒 12:45 Let's Play Wii Bowling! 🎲	8 11:00 Let's Play Bingo! 🎲 12:00 Lunchtime 🕒 12:45 Medicare Questions Answered! With Mark at Emerald Medicare	9 11:00 Let's Play Pokeno! 🎲 12:00 Lunchtime 🕒 12:45 Balance and Breathe: Qigong with Eduardo Parilla 🇺🇸	10 11:00 Uplift with Michelle Solomon! 🇺🇸 12:00 Lunchtime 🕒 12:45 Last Taste of Summer: September Luau! 🍹	11 
13 Have a Question? Ask Our Manager Cherise! (845) 624-6334 Hours of Operation: Monday - Friday 10am - 2pm	14 11:00 Let's Play Pokeno! 🎲 12:00 Lunchtime 🕒 12:45 IvyRehab Presents: Improving Balance & Preventing Falls as We Age 🇺🇸	15 10:30 Paint and Sip with Promenade Senior Living 🎨 12:00 Lunchtime 🕒 12:45 Test Your Knowledge: Swingin' Sixties TV Trivia 🎲	16 Clarkstown Birthday Bash! 11:00 Music with Mary Taylor! 🎵 12:00 Lunchtime 🕒 12:45 Double Birthday Bingo! 🎲	17 10:30 Let's Go to Ocean State Job Lot! 🇺🇸 11:00 Mindful Minutes: Coloring Pages and Word Searches 🎨 12:00 Lunchtime 🕒 12:45 Food for Thought: Nutrition Program 🇺🇸	18 11:00 Let's Play Friday Morning Bingo! 🎲 12:00 Lunchtime 🕒 12:45 Exercise with Rafael! 🇺🇸	19 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
20 	21 World Gratitude Day 10:30 Let's Go to Aldi! 🇺🇸 11:00 Puzzle Corner: Word Searches and Crosswords 🎲 12:00 Lunchtime 🕒 12:45 What Are You Grateful For? Discussion and Reflection 🇺🇸	22 11:00 Activity with Healthfirst! 🇺🇸 12:00 Lunchtime 🕒 12:45 Let's Play Bingo! 🎲	23 Senator Bill Weber's Annual Senior Fair (Center Closed) 	24 National Cherries Jubilee Day 11:00 Let's Play Pokeno! 🎲 12:00 Lunchtime 🕒 12:45 No Bake: Cherries Jubilee Dessert 🍰	25 11:00 Let's Play Friday Bingo! 🎲 12:00 Lunchtime 🕒 12:45 Music with Stephanie Romm! 🎵	26 
27 	28 11:00 Let's Get Moving with Charlese! 🇺🇸 12:00 Lunchtime 🕒 12:45 Horticultural Therapy with the Cornell Cooperative Extension: Wildflower Bouquets with Native Plants 🇺🇸	29 10:30 Let's Go to Dunkin' Donuts! 🇺🇸 11:00 Brain Boost: Let's Play Cards and Tabletop Games 🎲 12:00 Lunchtime 🕒 12:45 Let's Play Bingo! 🎲	30 11:00 Balance and Breathe: Qigong with Eduardo Parilla 🇺🇸 12:00 Lunchtime 🕒 12:45 Word on the Street: Center Discussion 🇺🇸			