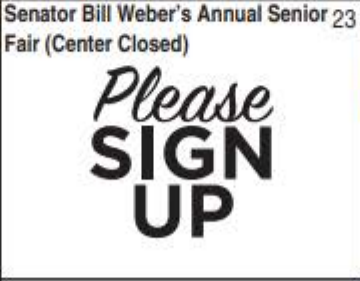


September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:45 Let's Play: Pokeno! 12:00 Lunchtime! 12:45 Brain Health on a Budget: A Session on Nutrition & Community Resources by the Nathan S. Kline Institute and Cornell Collaborative	2 10:30 Let's Go to ShopRite! 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime! 12:45 Let's Play Tabletop Games!	3 11:00 Boots, Beats, Square and Line Dancing with Suzi Tipa! 12:00 Lunchtime! 12:45 Let's Play Bingo!	4 11:00 Stitch Club: Knitting Project 12:00 Lunchtime! 12:45 Music with Michelle Solomon!	
6 	7 	8 10:45 Let's Play: Pokeno! 12:00 Lunchtime! 12:45 Let's Have a Laugh: Jokesercise Show with Howard Newman	9 11:00 Gentle Exercise Moves with Luke! 12:00 Lunchtime! 12:45 Let's Play Bingo!	10 10:30 Let's Go to the Nyack Farmers' Market 11:00 Puzzle Corner: Word Searches and Crosswords 12:00 Lunchtime! 12:45 Music with Eric Lipper!	11 11:00 Let's Play Jeopardy! 12:00 Lunchtime! 12:45 Exercise with Rafael!	
13 Have a Question? Ask Our Manager, Hilda! (845) 947-8005 Hours of Operation: Monday - Friday 10am-2pm	14 11:00 Place Your Bets On Bingo! 12:00 Lunchtime! 12:45 Horticultural Therapy with the Cornell Cooperative Extension: Wildflower Bouquets with Native Plants	15 10:45 Let's Play: Pokeno! 12:00 Lunchtime! 12:45 Let's Paint Pre-Printed Canvases!	16 Haverstraw Birthday Bash! 11:00 Gleeeful Wellness with Shlomit! 12:00 Lunchtime! 12:45 Double Birthday Bingo!	17 11:00 Self-Defense with Master Portante! 12:00 Lunchtime! 12:45 Let's Play Word In A Word!	18 10:30 Let's Go to Stew Leonard's! 11:00 Deck of Fun: Let's Play Cards! 12:00 Lunchtime! 12:45 Let's Play Bean Bag Toss!	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
	21 11:00 Food for Thought: Nutrition Program 12:00 Lunchtime! 12:45 Balance and Breathe: Qigong with Eduardo Parilla	22 10:45 Let's Play: Pokeno! 12:00 Lunchtime! 12:45 IvyRehab Presents: Improving Balance & Preventing Falls as We Age	23 Senator Bill Weber's Annual Senior Fair (Center Closed) 	24 11:00 Let's Play Bingo! 12:00 Lunchtime! 12:45 Activity with Healthfirst	25 10:30 Let's Go to ShopRite! 11:00 Let's Play Monopoly! 12:00 Lunchtime! 12:45 Medicare Questions Answered! With Mark at Emerald Medicare	
	28 10:30 Let's Go to Burlington! 11:00 Let's Play Scrabble! 12:00 Lunchtime! 12:45 Place Your Bets On Double Bingo!	29 10:30 Paint and Sip with Promenade Senior Living 12:00 Lunchtime! 12:45 Let's Play: Pokeno!	30 11:00 Gentle Exercise Moves with Luke! 12:00 Lunchtime! 12:45 Word on the Street: Center Discussion			