



SENIOR ACTIVITY CENTERS

Together, We Thrive!

October 2026

- Exercise

Social Worker

Musical Entertainment

Trips

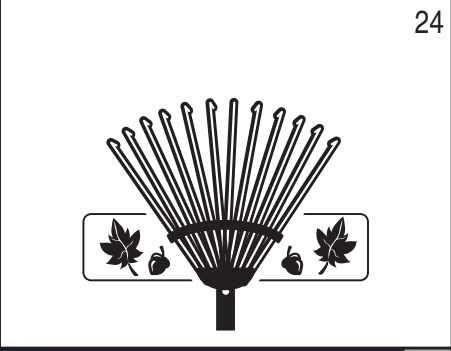
Lunchtime
- Games

No-Bake

Painting/ Craft Project

Discussion Groups/ Activities

Movie
- Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:00 Let's Play Bean Bag Toss! 12:00 Lunchtime 12:45 Let's Play Jeopardy!	2 World Smile Day 10:15 Immunization Clinic with Stop & Shop Pharmacy 12:00 Lunchtime 12:45 TGIF BINGO!	3 
4 Have a Question? Ask Our Manager, Cherise! (845) 624-6334 Hours of Operation: Monday - Friday 10am -2pm	5 10:30 Let's Go to ShopRite! 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime 12:45 Tai Chi with John Hood!	6 10:30 Visit from the Caseworker 11:45 Luncheon at Giulio's Restaurant (sign-up required) 12:00 Lunchtime 12:45 Let's Play Pokeno!	7 OFA Fall Fest - Centers Closed 	8 National Fluffernutter Day! 11:00 Boots, Beats, Square and Line Dancing with Suzi Tipa! 12:00 Lunchtime 12:45 No Bake: Fluffernutter Sandwich Bites	9 11:00 Alzheimer's Association Presents: Brain Health & Wellness 12:00 Lunchtime 12:45 TGIF BINGO!	10 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 	12 Columbus Day 10:30 Let's Go to Target! 11:00 Puzzle Corner: Word Searches and Crosswords 12:00 Lunchtime 12:45 Clubs or Spades? Let's Play Pokeno!	13 11:00 Healthy You: Games, Wellness & More with PODHealth 12:00 Lunchtime 12:45 Let's Play Wii Games!	14 10:30 Project Council Meeting at the Nanuet Office 11:00 Let's Play Words in a Word! 12:00 Lunchtime 12:45 Let's Play Bingo!	15 Clarkstown's Oktoberfest: Prost to Good Times! 11:00 Let's Play - Left, Right, Center! 12:00 Lunchtime 12:30 Oktoberfest Music with Ellen Lindstrom!	16 11:00 Let's Craft: Autumn or Halloween Themed Wreathes! 12:00 Lunchtime 12:45 TGIF BINGO!	17 
18 	19 11:00 Dance, Exercise, and Rhythm with Dolan Williams! 12:00 Lunchtime 12:45 Let's Play Bingo!	20 11:00 Activity with Healthfirst! 12:00 Lunchtime 12:45 Autumn Leaves Scavenger Hunt!	21 Clarkstown Birthday Bash! 11:00 Music with Peter Holmgren! 12:00 Lunchtime 12:45 Double Birthday Bingo!	22 10:30 Let's Go to Rockland Bakery! 11:00 Mindful Minutes: Coloring Pages and Word Searches 11:45 Clarkstown Movie Day! 12:00 Lunchtime	23 11:00 Clubs or Spades? Let's Play Pokeno! 12:00 Lunchtime 12:45 Exercise with Rafael!	24 
25 	26 11:00 Excelcare at Norwood: Presentation by Erika! 12:00 Lunchtime 12:45 Let's Play: Balloon Volleyball!	27 11:00 Bite into Better Health: Nutrition Talk with James 12:00 Lunchtime 12:45 Halloween Rhyme Time	28 11:00 Word on the Street - Center Discussion - Project Council 12:00 Lunchtime 12:45 Let's Play Bingo!	29 11:00 Let's Create: Decoupage Cork Coasters with Autumn Prints 12:00 Lunchtime 12:45 Clubs or Spades? Let's Play Pokeno!	30 Clarkstown's Spooky Celebration! 11:00 Halloween Candy Challenge: Can You Guess the Candy? 12:00 Lunchtime 12:45 Haunted Halloween Social! DON,T FORGET YOUR COSTUME!	31 