

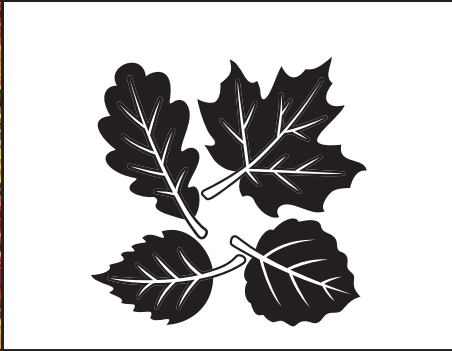
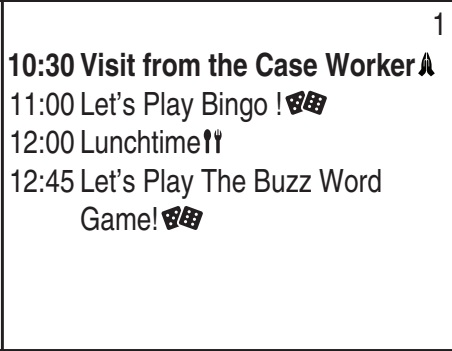
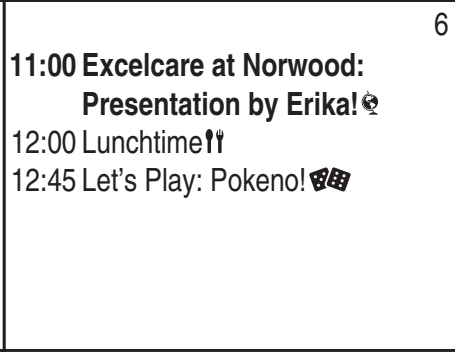
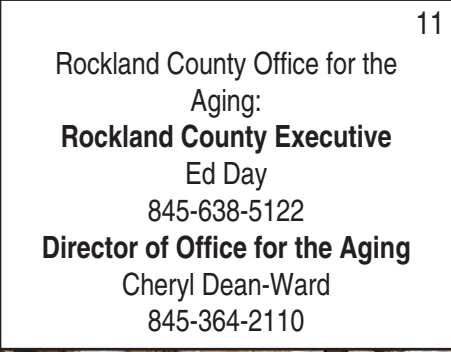
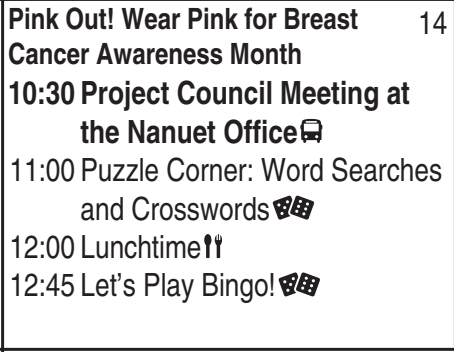
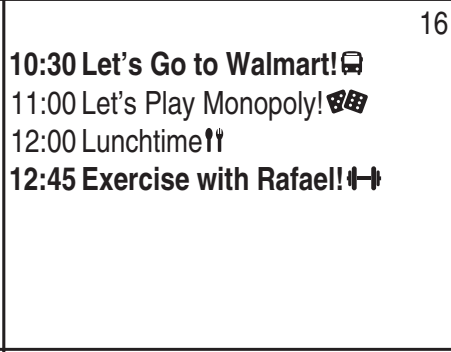
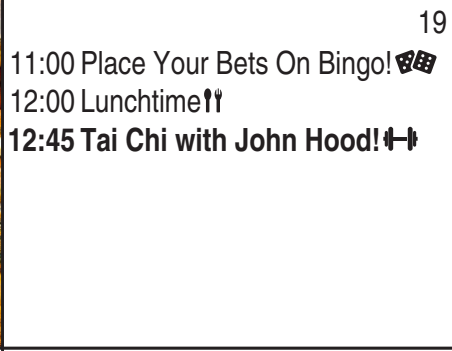
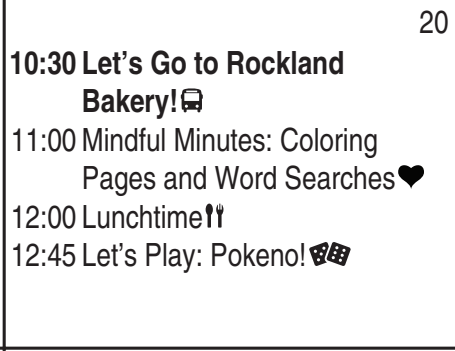
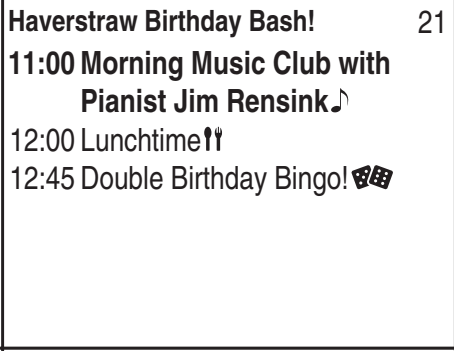
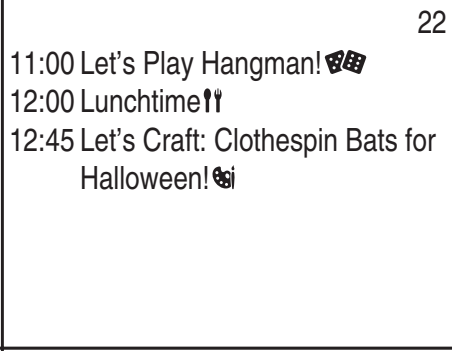
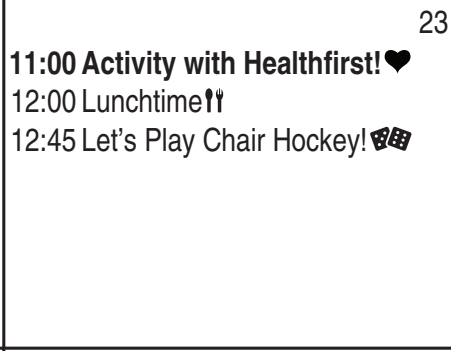
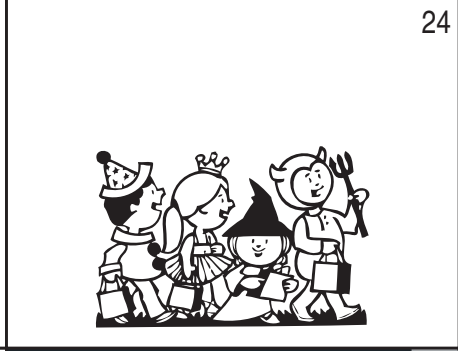
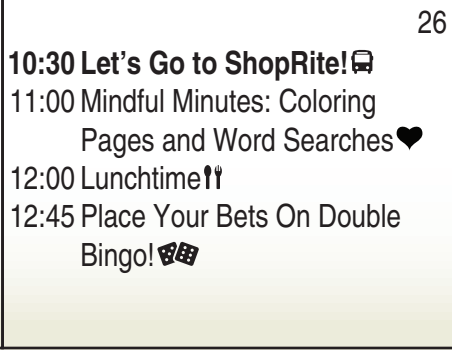
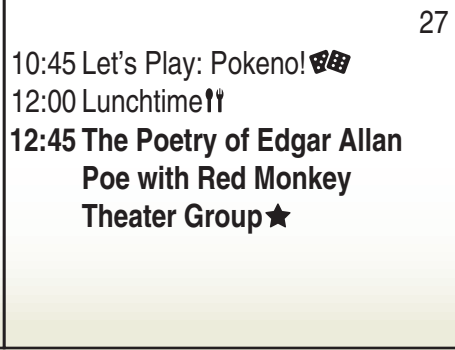
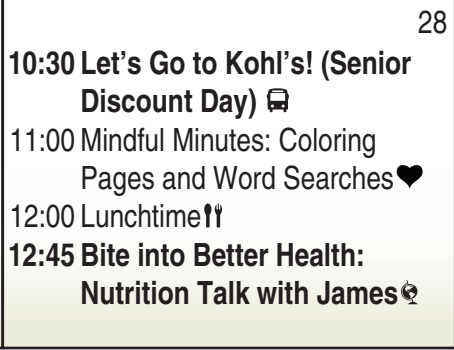


SENIOR ACTIVITY CENTERS

Together, We Thrive!

October 2026

- Educational
 Musical Entertainment
 Trips
 Social Worker
 Painting Project/ Crafts
- Discussion Groups/ Activities
 Game
 Lunchtime
 Exercise
 No Bake
- Performances

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 10:30 Visit from the Case Worker 11:00 Let's Play Bingo ! 12:00 Lunchtime 12:45 Let's Play The Buzz Word Game!	 World Smile Day 11:00 Let's Have a Picnic at Bear Mountain! 12:00 Lunchtime 12:45 Bean Bag Toss at Bear Mountain!	
	 11:00 Let's Get Moving with Charlese! 12:00 Lunchtime 12:45 Place Your Bets On Double Bingo!	 11:00 Excelcare at Norwood: Presentation by Erika! 12:00 Lunchtime 12:45 Let's Play: Pokeno!	 OFA Fall Fest - Centers Closed	 National Fluffernutter Day! 10:30 Immunization Clinic with Stop & Shop Pharmacy 12:00 Lunchtime 12:45 No Bake: Fluffernutter Sandwich Bites	 10:30 Let's Go to ShopRite! 10:45 Let's Play Tabletop Games! 12:00 Lunchtime 12:45 Music with Michelle Solomon!	
 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	 Columbus Day 11:00 Let's Create: Decoupage Cork Coasters with Autumn Prints 12:00 Lunchtime 12:45 Place Your Bets On Double Bingo!	 Haverstraw's Oktoberfest: Prost to Good Times! 10:45 Let's Play: Pokeno! 12:00 Lunchtime 12:45 Oktoberfest Music with Ellen Lindstrom!	 Pink Out! Wear Pink for Breast Cancer Awareness Month 10:30 Project Council Meeting at the Nanuet Office 11:00 Puzzle Corner: Word Searches and Crosswords 12:00 Lunchtime 12:45 Let's Play Bingo!	 11:00 Alzheimer's Association Presents: Brain Health & Wellness 12:00 Lunchtime 12:45 Let's Play Bingo!	 10:30 Let's Go to Walmart! 11:00 Let's Play Monopoly! 12:00 Lunchtime 12:45 Exercise with Rafael!	 Have a Question? Ask Our Manager, Hilda! (845) 947-8005 Hours of Operation: Monday - Friday 10am-2pm
	 11:00 Place Your Bets On Bingo! 12:00 Lunchtime 12:45 Tai Chi with John Hood!	 10:30 Let's Go to Rockland Bakery! 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime 12:45 Let's Play: Pokeno!	 Haverstraw Birthday Bash! 11:00 Morning Music Club with Pianist Jim Rensink 12:00 Lunchtime 12:45 Double Birthday Bingo!	 11:00 Let's Play Hangman! 12:00 Lunchtime 12:45 Let's Craft: Clothespin Bats for Halloween!	 11:00 Activity with Healthfirst! 12:00 Lunchtime 12:45 Let's Play Chair Hockey!	
	 10:30 Let's Go to ShopRite! 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime 12:45 Place Your Bets On Double Bingo!	 10:45 Let's Play: Pokeno! 12:00 Lunchtime 12:45 The Poetry of Edgar Allan Poe with Red Monkey Theater Group	 10:30 Let's Go to Kohl's! (Senior Discount Day) 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime 12:45 Bite into Better Health: Nutrition Talk with James	 11:00 Let's Create: Mini Pumpkin Project 12:00 Lunchtime 12:45 Let's Play Spooky Word In A Word!	 Haverstraw's Spooky Celebration! 10:30 Let's Watch a Halloween Movie! 12:00 Lunchtime 12:45 Haunted Halloween Social! 1:00 Let's Play Halloween Bingo!	