



SENIOR ACTIVITY CENTERS

Together, We Thrive!

October 2026

- 🚌 Trips

🍪 No Bake

🎨 Painting/ Craft Project

🎲 Games

🔊 Speakers
- 🎵 Musical Entertainment

🕒 Lunchtime

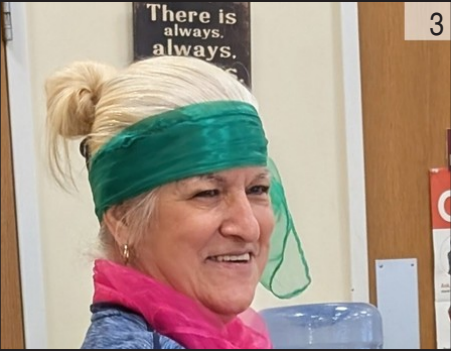
🏃 Exercise

👤 Social Worker

♥ Discussion Groups/Activities
- ★ Performances

🎓 Educational

🎬 Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				11:00 Word on the Street: Center Discussion♥ 12:00 Lunchtime🕒 12:45 Let's Play - BINGO🎲	211:00 Let's Play Board Games - Jenga🎲 12:00 Lunchtime🕒 12:45 Music with Peter Holmgren!🎵	
	511:00 Dance, Exercise, and Rhythm with Dolan Williams!🏃 12:00 Lunchtime🕒 12:45 Let's Play - BINGO🎲	610:30 Let's Go Shopping: ShopRite🚌 11:00 Puzzle Corner: Word Searches and Crosswords♥ 12:00 Lunchtime🕒 12:45 Bite into Better Health: Nutrition Talk with James👤	7OFA Fall Fest - Centers Closed Join Us!	811:00 No Bake - Strawberry Cheesecake🍪 12:00 Lunchtime🕒 12:45 Boots, Beats, Square and Line Dancing with Suzi Tipa!🎵	910:15 Immunization Clinic with Stop & Shop Pharmacy 12:00 Lunchtime🕒 12:45 Let's Play - BINGO🎲	
11Have a Question? Ask our Manager, Jean! (845) 353-1311 Hours of Operation: Monday - Friday 10am-2pm	12Columbus Day 10:30 Let's Go Shopping: Ocean State Job Lot🚌 11:00 Let's Play Name that Tune!🎲 12:00 Lunchtime🕒 12:45 Let's Listen: Storytelling with Laurel B.📖	1310:30 Paint and Sip with Promenade Senior Living🎨 12:00 Lunchtime🕒 12:45 Let's Play - BINGO🎲	1410:30 Project Council Meeting at the Nanuet Office♥ 11:00 It's Game Time: Let's Play Dominoes🎲 12:00 Lunchtime🕒 12:45 Jeffrey Friedberg Presents: The Music Lovers🎵	15National I Love Lucy Day! 11:00 Activity with Healthfirst!♥ 12:00 Lunchtime🕒 12:45 I Love Lucy Trivia and Chocolate Factory Game🎲	1611:00 Excelcare at Norwood: Presentation by Erika!👤 12:00 Lunchtime🕒 12:45 Let's Play - BINGO🎲	17Rockland 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
	1811:00 Let's Play - BINGO🎲 12:00 Lunchtime🕒 12:45 Let's Craft: Clothespin Bats for Halloween!🎨	19Nyack's Oktoberfest: Prost to Good Times! 11:00 Oktoberfest Trivia🎲 12:00 Lunchtime🕒 12:45 Oktoberfest Music with Ellen Lindstrom!🎵	20Nyack Birthday Bash! Pizza Party 10:45 50/50 Raffle!🎲 11:00 Double Birthday Bingo!🎲 12:00 Lunchtime🕒 12:45 Fiddle and Vocals with Ian Moore🎵	2111:00 Let's Play- Price is Right🎲 12:00 Lunchtime🕒 12:45 Alzheimer's Association Presents: Brain Health & Wellness👤	2210:30 Let's Go Shopping - Kohl's🚌 11:00 Mindful Minutes: Coloring Pages and Word Searches♥ 12:00 Lunchtime🕒 12:45 The Poetry of Edgar Allan Poe with Red Monkey Theater Group★	
	2510:30 Let's Go Shopping: Aldi's🚌 11:00 It's Game Time: Let's Play UNO🎲 12:00 Lunchtime🕒 12:45 Exercise with Rafael!🏃	2610:30 Visit from the Social Worker👤 11:00 Let's Play Words in a Word!🎲 12:00 Lunchtime🕒 12:45 Let's Play - BINGO🎲	2710:30 Let's Go to Goodwill!🚌 11:00 Let's Play Tabletop Games - Checkers!🎲 12:00 Lunchtime🕒 12:45 Music with Judi Marie Catarina and Steve LaMattina!🎵	2811:00 Let's Play - BINGO🎲 12:00 Lunchtime🕒 12:45 IvyRehab Presents: Improving Balance & Preventing Falls as We Age🏃	29Nyack's Spooky Celebration! 11:00 Sweet Tooth Challenge: Can You Guess the Candy?🎲 12:00 Lunchtime🕒 12:15 Let's Watch a Scary Movie for Halloween!🎬	