



SENIOR ACTIVITY CENTERS

Together, We Thrive!

October 2026

- Games
 Musical Entertainment
 Lunchtime
 Exercise
 Social Worker
- Painting/ Craft Project
 Trips
 Educational
 Discussion Groups/ Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				11:00 Bean Bag Toss Tournament 12:00 Lunchtime 12:45 Let's Play Hangman!	World Smile Day 11:00 Friday Morning Bingo 12:00 Lunchtime 12:45 Exercise with Rafael!	
 4	10:15 Immunization Clinic with Stop & Shop Pharmacy 12:00 Lunchtime 12:45 Let's Play Bingo! 5	10:30 Let's Go to ShopRite! 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime 12:45 Let's Play Pokeno! 6	OFA Fall Fest - Centers Closed 7 Join Us!	11:00 Excelcare at Norwood: Presentation by Erika! 12:00 Lunchtime 12:45 Let's Play Bingo! 8	11:00 Bite into Better Health: Nutrition Talk with James 12:00 Lunchtime 12:45 Let's Create: Clothespin Bats 9	 10
Have a Question? Ask Our Manager, Annette! (845) 356-2244 Hours of Operation: Monday - Friday 10am -2pm 11	Columbus Day 11:00 Let's Get Moving with Charlese! 12:00 Lunchtime 12:45 Let's Play Table Tennis! 12	Ramapo's Oktoberfest: Prost to Good Times! 10:30 Visit from the Case Worker 11:00 Oktoberfest Music with Ellen Lindstrom! 12:00 Lunchtime 12:45 Let's Play Pokeno! 13	10:30 Project Council Meeting at the Nanuet Office 11:00 Let's Play Jeopardy! 12:00 Lunchtime 12:45 Let's Play Bingo! 14	National I Love Lucy Day! 11:00 I Love Lucy Trivia and Chocolate Factory Game 12:00 Lunchtime 12:45 IvyRehab Presents: Improving Balance & Preventing Falls as We Age 15	11:00 Let's Create: Mini Pumpkin Project 12:00 Lunchtime 12:45 Let's Play BINGO! 16	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 17
 18	10:30 Let's Go to Dollar Tree! 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime 12:45 Dance, Exercise, and Rhythm with Dolan Williams! 19	10:45 Puzzle Corner: Word Searches and Crosswords 11:00 Let's Go to Brunch at iHop! (sign-up required) 12:00 Lunchtime 12:45 Let's Play Pokeno! 20	Ramapo Birthday Bash!! 11:00 Double Birthday Bingo! 12:00 Lunchtime 12:45 Music with Stephanie Romm! 21	11:00 Activity with Healthfirst! 12:00 Lunchtime 12:45 Let's Play Word Hub 22	11:00 Music with Michelle Solomon! 12:00 Lunchtime 12:45 Word on the Street: Center Discussion 23	 24
 25	10:30 Let's Go to Stop & Shop Nanuet 11:00 It's Game Time: Cards, Dominoes, & Tabletop Games 12:00 Lunchtime 12:45 Tai Chi with John Hood! 26	11:00 Let's Play Pokeno! 12:00 Lunchtime 12:45 Autumn Leaves Project 27	11:00 Alzheimer's Association Presents: Brain Health & Wellness 12:00 Lunchtime 12:45 Let's Play Bingo! 28	11:00 Let's Play What's in Your Wallet? 12:00 Lunchtime 12:45 Current Event of the Day - Discussion 29	Ramapo's Spooky Celebration! 11:00 Halloween Candy Challenge: Can You Guess the Candy? 12:00 Lunchtime 12:45 Let's Play BINGO! 30	 31