KL-721 - Meals on Wheels Rockland - Nyack SAC - Issue: 11/01/26
Viewed: 10/15/2026 01:11:12PM

MEALS on WHEELS ROCKLAND
SENIOR ACTIVITY CENTERS
Together, We Thrive!

November 2026

- Trips
- No Bake
- Painting/ Craft Project
- Games
- Speakers
- Musical Entertainment
- Lunchtime
- Exercise
- Social Worker
- Discussion Groups/Activities
- Performances
- Educational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 **11:00 Let's Get Moving with Charlese!** 12:00 Lunchtime 12:45 Let's Play - BINGO	3 **10:30 Let's Go to ShopRite** 11:00 Trivia - Diabetes Awareness 12:00 Lunchtime **12:45 Zumba with Healthfirst!**	4 11:00 Medicare 101 with Shy Diaz 12:00 Lunchtime **12:45 Chair Yoga with Karon Shovers!**	5 **11:00 Scam Prevention and Awareness with the District Attorney's Office** 12:00 Lunchtime 12:45 Arts & Craft w/Frances	6 11:00 Let's Play Friday Morning Bingo! 12:00 Lunchtime **12:45 Holiday Food Safety and Nutrition with Samantha!**	7 
8 MEALS on WHEELS ROCKLAND	9 **10:30 Let's Go to Five Below** 10:30 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime **12:45 Tai Chi with John Hood!**	10 **11:00 Brain Health and Wellness by the Brain Health Center** 12:00 Lunchtime 12:45 Let's Play Bingo!	**Veterans Day- Wear Red, White & Blue** 11 11:00 Remembering our Veterans - Discuss and Share 12:00 Lunchtime **12:45 Drum Circle with Glenn Schloss**	12 11:00 No Bake - Fall Cookies w/Frances 12:00 Lunchtime **12:45 Let's Have a Laugh: Jokes-ercise Show with Howard Newman**	13 11:00 Celebrating World Kindness Day - Cards for Hospitalized Kids 12:00 Lunchtime 12:45 Let's Play Bingo!	14 ROCKLAND COUNTY OFFICE FOR THE AGING
15 **Have a Question?** *Ask our Manager, Jean!* (845) 353-1311 Hours of Operation: Monday - Friday 10am-2pm	16 11:00 Let's Play - Autumn-Themed Family Feud! 12:00 Lunchtime 12:45 Thanksgiving Mocktail - Let's Make Cranberry Sparklers!	17 **10:30 Let's Go to Dollar Tree** 11:00 Puzzle Corner: Word Searches and Crosswords 12:00 Lunchtime **12:45 Let's Listen: Storytelling with Laurel B.**	**Nyack Birthday Bash! Pizza Party** 18 11:00 Double Birthday Bingo! 12:00 Lunchtime **12:45 Music with Albert Ahlf!**	19 11:00 It's Game Time: Head to Head Rummikub 12:00 Lunchtime 12:45 Fall Wreath w/Mary Ellen	20 11:00 Let's Play Chair Soccer! 12:00 Lunchtime 12:45 Let's Play Bingo!	21 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
22 	23 **10:30 Let's Go to Lidl -Tappan** 11:00 Mindful Minutes: Coloring Pages and Word Searches 12:00 Lunchtime **12:45 Exercise with Rafael!**	24 **10:30 Visit from the Social Worker** 11:00 Let's Play HangTURKEY 12:00 Lunchtime 12:45 Let's Play - BINGO	**Thankful for Friends & Family** 25 11:00 Friends Giving Celebration 12:00 Lunchtime **12:45 Vocals and Guitar with John Malino**	**Thanksgiving - Center Closed** 26 	**Day After Thanksgiving - Center Closed** 27 	28 
29 	30 11:00 Word on the Street - Center Discussion - Let's Talk About It! 12:00 Lunchtime 12:45 Let's Play Bingo!					