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

November 2026

- Social Worker
- Trips
- Exercise
- Games
- Painting/ Craft Project
- Musical Entertainment
- Lunchtime
- No Bake
- Performances
- Educational
- Movies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Have a Question?** Ask Our Manger, Sheila! 845-580-2292 Hours of Operation: Monday - Friday 10:00 AM - 2:00 PM	2 *10:45 Let's Play: Canasta & Rummikub Cube* 12:00 Lunchtime *12:45 Afternoon Chair Workout!*	ELECTION DAY 3 *10:30 Let's Go To: ShopRite* *10:45 Mindful Minutes: Coloring Pages and Word Searches* 12:00 Lunchtime *12:45 Let's Play: Hangman*	4 **11:00 Uplift with Michelle Solomon!** 12:00 Lunchtime *12:45 Let's Play: Price Is Right*	5 *10:00 Let's Go To: Good Will* *10:45 Mindful Minutes: Coloring Pages and Word Searches* 12:00 Lunchtime **12:45 Medicare Questions Answered! With Mark at Emerald Medicare**	6 *10:30 Morning Stretching* 12:00 Lunchtime *12:45 Let's Play: Super Trivia*	7 ROCKLAND COUNTY OFFICE FOR THE AGING
8 MEALS on WHEELS ROCKLAND	9 *10:45 Let's Play: Canasta & Rummikub Cube* 12:00 Lunchtime **12:45 Dance, Exercise, and Rhythm with Dolan Williams!**	10 *10:30 Mindful Minutes: Coloring Pages and Word Searches* **11:00 Scam Prevention and Awareness with the District Attorney's Office** 12:00 Lunchtime *12:45 How Long Can You Keep The Volleyball In The Air?*	VETERANS DAY 11 **11:00 Holiday Food Safety and Nutrition with Samantha!** 12:00 Lunchtime *12:45 Let's Play: Jeopardy*	12 *10:30 Let's Go To: Rockland Bakery* *10:45 Mindful Minutes: Coloring Pages and Word Searches* 12:00 Lunchtime *12:45 Let's Play: I Should Have Known That!*	13 *10:00 Movie Day at Orangetown* 12:00 Lunchtime **12:45 Exercise with Rafael!**	14 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
15 	16 *10:45 Let's Play: Canasta & Rummikub Cube* 12:00 Lunchtime *12:45 Let's Play: Are You Smarter Than A Fifth Grader!?*	17 *10:30 Visit from the Social Worker* **11:00 Brain Health and Wellness by the Brain Health Center** 12:00 Lunchtime *12:45 No Bake: Yogurt Parfait*	Orangetown Birthday Bash (50/50 Raffle) 18 **11:00 Island Sounds with Justin Derman ♪** 12:00 Lunchtime *12:45 Double Birthday Bingo!*	19 *10:30 Let's Go to: Target* *10:45 Mindful Minutes: Coloring Pages and Word Searches* 12:00 Lunchtime **12:45 Life's A Bowl of Cherries by the Maturely Motivated Players**	20 *10:30 Let's Go To: Lidl* *10:45 Mindful Minutes: Coloring Pages and Word Searches* 12:00 Lunchtime *12:45 Friday Afternoon Bingo!*	21 
22 	23 *10:45 Let's Play: Canasta & Rummikub Cube* 12:00 Lunchtime **12:45 Tai Chi with John Hood!**	24 *10:45 Fall Craft Project* 12:00 Lunchtime *12:45 Let's Play: Words in a Word*	25 *10:30 Let's Play: Uno!* 12:00 Lunchtime **12:45 Music with Michelle Solomon!♪**	Thanksgiving 26 	27 	28 
29 	30 *10:45 Let's Play: Canasta & Rummikub Cube* 12:00 Lunchtime *12:45 Let's Play: Family Feud*					