KL-721 - Meals on Wheels Rockland - Nyack SAC - Issue: 12/01/26
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MEALS on WHEELS ROCKLAND
SENIOR ACTIVITY CENTERS
Together, We Thrive!

December 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **11:00 Huddle for Health with Russell from Healthfirst!❤** 12:00 Lunchtime🍴 **12:45 Real Estate Planning with Jo Friedman🔍**	2 **10:30 Let's Go Shopping - ShopRite🚌** 11:00 Puzzle Corner: Word Searches and Jigsaw Puzzles🎲 12:00 Lunchtime🍴 **12:45 Chair Yoga with Karon Shovers!🏋**	3 11:00 Let's Perform - Reader's Theater★ 12:00 Lunchtime🍴 **12:45 Self-Defense with Master Portante🏋**	**Holiday Party (sign-up Required)** 4 	5 
6 MEALS on WHEELS ROCKLAND	7 **11:00 Let's Get Moving with Charlese!🏋** 12:00 Lunchtime🍴 12:45 Let's Play Name that Tune - Holiday Edition♪	8 11:00 Celebrating Hanukkah - Let's Play Dreidel!🎲 12:00 Lunchtime🍴 12:45 Let's Play - BINGO🎲	9 **10:30 Let's Go Shopping - Dollar Store🚌** 11:00 Mindful Minutes: Coloring Pages and Word Searches❤ 12:00 Lunchtime🍴 **12:45 Drum Circle with Glenn Schloss ♪**	10 11:00 Let's Paint Wooden Christmas Ornaments🎨 12:00 Lunchtime🍴 **12:45 Gleeful Wellness with Shlomit!♪**	11 11:00 Let's Play - Holiday Quizzes and Trivia❤ 12:00 Lunchtime🍴 12:45 Let's Play Bingo!🎲	12 ROCKLAND COUNTY OFFICE FOR THE AGING
13 **Have a Question?** *Ask our Manager, Jean!* (845) 353-1311 Hours of Operation: Monday - Friday 10am-2pm	14 **10:30 Let's Go Shopping - Ocean State Job Lot🚌** 11:00 Let's Play Dominoes and Cards!🎲 12:00 Lunchtime🍴 **12:45 Exercise with Rafael!🏋**	**Wear Your Ugly Sweater!!** 15 **11:00 Holiday DJ Dance Party from Healthfirst♪** 12:00 Lunchtime🍴 12:45 Let's Play Roll a Snowman - Dice Game!🎲	**Nyack Birthday Bash! Pizza Party** 16 11:00 Double Birthday Bingo!🎲 12:00 Lunchtime🍴 **12:45 Vocals, Flute, and Harmonica with Candyce Giaquinto♪**	17 11:00 It's Game Time: Head to Head Rummikub🎲 12:00 Lunchtime🍴 **12:45 Music with Hal Keshner!♪**	18 11:00 Yapping and Wrapping: Let's Create Holiday Gift Tags🎨 12:00 Lunchtime🍴 12:45 Let's Play - BINGO🎲	19 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
20 	21 **10:30 Let's Go Shopping - HomeGoods🚌** 11:00 Puzzle Corner: Word Searches and Games🎲 12:00 Lunchtime🍴 **12:45 Holiday Sing-Along with Michelle Solomon!♪**	22 **10:30 Visit from the Social Worker🧍** 11:00 It's Game Time - UNO Tournament 🎲 12:00 Lunchtime🍴 **12:45 Let's Listen: Storytelling and Holiday Carols with Laurel B. and Company!📖**	23 11:00 Let's Decorate Cookies for the Holidays!🍵 12:00 Lunchtime🍴 **12:45 Vocals and Guitar with John Malino♪**	24 10:30 Nyack Holiday Celebration!❤ 11:00 Khristmas Karols Karaoke♪ 12:00 Lunchtime🍴 12:45 Let's Play - Holiday Bingo - Ho Ho Ho🎲	**Christmas - Center Closed** 25 	26 
27 	28 11:00 Celebrating Kwanzaa - The Seven Principles Challenge❤ 12:00 Lunchtime🍴 12:45 Let's Play Bingo!🎲	29 11:00 Let's Play Word in a Word - Holiday Edition!🎲 12:00 Lunchtime🍴 **12:45 Bite into Better Health: Nutrition Talk with James🔍**	30 11:00 Word on the Street: Center Discussion❤ 12:00 Lunchtime🍴 **12:45 Music with Albert Ahlf!♪**	**To: A New Year, New Possibilities, New Dreams** 31 10:30 Nyack - New Year's Eve Celebration🎧 11:00 Snowball Toss Game!🎲 12:00 Lunchtime🍴 12:45 A Toast to New Beginnings - Happy New Year!❤		