

TRANSPORTATION & LOCATIONS

We have a fleet of buses and CDL certified drivers ready to take you safely between your home and our Senior Centers if you need transportation.



"The bus drivers are friendly and concerned with safety, getting on and off bus."

-Senior Activity Center participant, age 70-79

We currently have three Senior Centers open and are working on opening more soon!

CLARKSTOWN/PEARL RIVER
121 West Nyack Road, Nanuet
845.624.6334

NYACK

90 Depew Avenue, Nyack
845.353.1311

RAMAPO

484 New Hempstead Road, New City
845.356.2244

BENEFITS OF JOINING A SENIOR ACTIVITY CENTER

Socialization has been shown to be one of the most effective ways for seniors to improve their mental health. According to the American Public Health Association, socialization improves mood, cognition, memory recall, and is associated with healthy behaviors, including exercise.

Research shows older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. We also hear from our participants, how their Senior Activity Center has helped them foster their independence.

CONTACT US

If you or a Senior in your life might be interested in attending one of our Senior Activity Centers or learning more about them, please contact us.

Call: 845.624.6325

Email: info@mowrockland.org

Visit: www.mowrockland.org

At the top right, click on "Senior Centers" to see monthly activity schedules and menus.

Scan:



MEALS ON WHEELS ROCKLAND
121 West Nyack Road
Nanuet, NY 10954

This program is supported in part by the Rockland County Office for the Aging, the New York State Office for the Aging, the Administration on Aging and the County of Rockland. Contributions are voluntary and confidential and used to expand services. Services will not be denied if unable or unwilling to contribute. For those who self-disclose income at or above 185 percent of the Federal Poverty Level, the suggested contribution is equal to the service cost.

Visit or Join!



MEALS ON WHEELS
ROCKLAND

SENIOR ACTIVITY CENTERS



"The staff is very kind, courteous and very caring. They make you feel welcome."

-Senior Activity Center participant, age 70-79

There's a wide variety of activities, entertainment and outings and everything is optional...

ACTIVITIES

- Fitness & health
- Games, cards & bingo
- Live music and weekly entertainment
- Arts & crafts
- Current events
- Book club
- Community service projects
- Cooking demonstrations
- Holiday and birthday celebrations



OUTINGS

- Shopping
- Movies
- Wineries
- Casinos
- Picnics
- All center parties ...and more!



DAILY LUNCH

A hot nutritious lunch is served everyday at all our Senior Activity Centers. Our menu is varied throughout the month. Kosher, vegetarian, therapeutic, and mechanically altered meals are available.



FREQUENTLY ASKED QUESTIONS

Q: Who is this for?

A: Any Rockland resident aged 60 and up who is able to participate in the program may join our senior center.

Q: How often?

A: Registered members may come to the center as frequently as they like (with reservation) – there is no minimum commitment to join.

Q: What are the hours?

A: Senior Activity Centers are open Monday through Friday generally from 10:00 a.m. - 2:00 p.m. Centers are closed on holidays and days when weather is inclement.

Q: What is the cost?

A: There is no fee to participate and no one is denied access based on economic limitations. The agency does ask for suggested contribution of \$4.00 per day for participants who eat the provided lunch and of \$2.00 per day for those requiring transportation.

At our Senior Activity Centers, it's always a great day to have a great day. Our participants appreciate a good time and celebrating every day. So every day, we find a fun reason to celebrate!



“Speakers are interesting. The games are fun. The exercise helps me move better.”

-Senior Activity Center participant, age 80-89

