



Office for Senior Resources Putnam Valley Friendship Center

May 2024 ~ (845) 808-1730

Open: Mondays-Fridays 9:00 am – 2:00 pm

MAY Activities:

Monday	Bingo/cards/billiards
10:00 am	Tai Chi w/ Kim
10:00 am	Art w/ Maggie
12:00 pm	Rummikub
1:00 pm	Fall Prevention w/ Naomi

Tuesday	Bingo/cards/billiards
10:30 am	Line Dancing w/Betty
	Shop Rite Shopping

Wednesday	Bingo/cards/billiards
10:30 am	Line Dancing w/ Rich
11:00 am	Coffee & Conversation
1:00 pm	Exercise w/ Sue

Thursday	Bingo/cards/billiards
10:00 am	Chair Yoga w/ Lucy
1:00 pm	Cardio Strength w/ Lori

Friday	Bingo/cards/billiards
11:00 am	Zumba w/ Kelly
12:00 pm	Movies
12:30pm	Ceramics

On-line exercise classes and call-in activities are available.
Please contact 845-808-1700 to register.

On-line Exercise Classes (Using the MicroSoft TEAMS App):

- Mondays @ 10:00 am – Chair Yoga w/ Lucy Conway
- Wednesdays @ 11:00 am – Zumba w/ Kelly House
- Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena
- Fridays @ 10:00 am – Exercise w/ Sue Roos

Call-in Activities:

- Wed May 1st @ 3:00 pm – As the Page Turns (Book Club)
- Tuesdays @ 2:00 pm – Trivia w/ Sally Jo
- Thursdays @ 2:00 pm – Sassy Seniors Group w/ Michele
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

May Special Events

- May 1 – As the Page Turns – Book Club @ 3:00
- May 1 – Nutty Knotters @ 12:30
- May 7 – Caregivers Support Group @ 11:45
- May 8 – Nutty Knotters @ 12:30
- May 9 – Crafts w/ Liz @ 11:00
- May 14 – Brain Fitness w/ Mike Lambe @ 10:00
- May 15 – Stroke Education / Presentation by Sarena Chisick MEd BSN RN
- May 15 – Nutty Knotters @ 12:30
- May 22 – Nutty Knotters @ 12:30
- May 27 – All sites closed for Memorial Day Holiday
No delivery of Home Delivered Meals
- May 28 – Brain Fitness w/ Mike Lambe @ 10:00
- May 28 – Alzheimer’s Association 10:00 – 2:00
Care Consultant Eileen Hendriksen LMSW
- May 29 – Nutty Knotters @ 12:30

Upcoming Event: June 12 - OSR Annual Senior Picnic at Veteran’s Memorial Park

Rides to doctor appointments are available through our Demand Response Program.
Please call Frank Simonfay at 845-808-1700 Ext. 47104 to schedule ride.

To know about delays or cancellations in the event of inclement weather, please call 845-808-1700/press 0 or look out for Senior Blast notifications.