



Office for Senior Resources Putnam Valley Friendship Center October 2026 ~ (845) 808-1730

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

October Activities:

Monday Bingo/cards/billiards

10:00 am Art w/ Maggie
10:00 am Tai Chi w/ Kim
11:00 am Meals on Main Food Truck
12:00 pm Rummikub
12:30 pm Cell Phone/Tablet
Computer Walk-In
1:00 pm Dance 4 Fit w/ Christine

Tuesday Bingo/cards/billiards

10:30 am Line Dancing w/Betty
12:00 pm Movie

SHOPPING – ShopRite

Beach Shopping - 3rd Tuesday of the month

Wednesday Bingo/cards/billiards

10:00 am Energy Fitness w/Rose
(3 weeks only)
10:30 am Line Dancing w/Rich
11:00 am Coffee & Conversation
12:30 pm Nutty Knotters
1:00 pm Pilates w/ Christine

Thursday Bingo/cards/billiards

10:00 am Chair Yoga w/ Lucy
11:00 am Energy Fitness w/Rose
(3 weeks only)
12:30 pm Ceramics
1:00 pm Exercise w/ Sue

Friday Bingo/cards/billiards

10:00 am Energy Fitness w/Rose
(3 weeks only)
11:00 am Zumba w/ Kelly
1:00 pm Mindfulness Yoga w/ Jacquie

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

On-line Exercise Classes

(Using MicroSoft TEAMS App):

Mondays @ 10:00 am – Chair Yoga w/ Lucy Conway
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:

Wednesday, October 28th @ 3:00 pm – BOOK CLUB w/ Sally Jo
Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting

(Using the MicroSoft TEAMS App):

Thursday, October 22nd @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

October Special Events

- Oct 6 -- **Brain Fitness** w/ Mike @ 10:00am
Oct 6 -- **Crafts** w Liz @ 11:00 am
Oct 7 -- **Benefits of Acupuncture & Massage** @ 11:00am
w/ Mary Massoud, OSR Registered Nurse
Oct 8 -- **Alzheimer's Association Open Hours**
from 10:30 am – 2 pm – Appointments available
w/ Care Cnslt. Stacey Rosenbluth, LCSW
Oct 12 -- **Columbus Day Holiday. ALL SITES CLOSED.**
No delivery of Home Delivered Meals.
Oct 13 -- **Downsizing & Decluttering Presentation** @ 11:00
w/ Dennis Sklenarik from AARP
Oct 13 -- **Caregivers Support Group** @ 11:45am
Oct 15 -- **Current Senior Scams Presentation** @ 11:00am
w/ District Attorney, Robert Tendy
Oct 20 -- **Brain Fitness** w/ Mike @ 10:00am
Oct 21 -- **Blood Pressure Screenings** @ 10:30am
Oct 22 -- **Disaster Preparedness Presentation** @ 11:00am
w/ Erika Vacaflones, American Red Cross
Oct 27 -- **Harvest Jamboree** @ PC Golf Course @ 10:00am
Site Closed. There **will** be delivery of Home
Delivery meals.

***Rides to doctor appointments are available through
our Demand Response Medical Transportation
Program. For information call 845-808-1700 ext.
47104.***

**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.**