

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

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

November 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	Nutty Knotters
12:30 pm	Cell Phone/tablet Computer walk-in
1:00 pm	Dance 4 Fit w/ Christine

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Tuesday Bingo/cards/billiards

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

SHOPPING – *ShopRite*
Beach Shopping - 3rd Tuesday of the month

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Wednesday Bingo/cards/billiards

10:30 am	Line Dancing w/Rich
11:00 am	Coffee & Conversation
1:00 pm	Pilates w/ Christine

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Thursday Bingo/cards/billiards

10:00 am	Chair Yoga w/ Lucy
12:30 pm	Ceramics
1:00 pm	Exercise w/ Sue

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Friday Bingo/cards/billiards

10:00 am	Energy Fitness w/Rose
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, November 18th @ 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, November 19th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

November Special Events

Nov 2 -- **Blood Pressure Screenings** @ 10:30am
Nov 3 -- **Brain Fitness** w/ Mike at 10:00am
Nov 3 -- **Crafts** w Liz @ 11:00 am
Nov 5 -- **Health Access Focus Group** @ 10:30am
w/ Putnam County Health Department
Pre-registration is required-see Site Manager
Nov 5 -- **PV Library Resources Presentation** @ 11:00am
w/ Amina Chaudri, PV Library Director
Nov 11 -- **Veterans Day Holiday. ALL SITES CLOSED.**
No delivery of Home Delivered Meals.
Nov 17 -- **Brain Fitness** w/ Mike @ 10:00am
Nov 18 -- **Better Sleep Habits Presentation** @ 10:30am
w/ Mary Massoud, OSR RN
Nov 27/28 - **Thanksgiving Holiday. ALL SITES CLOSED.**
No delivery of Home Delivery Meals.

Upcoming Events:

Dec. 2 – OSR Professional Development Training. All sites will be closed and there will be no delivery of meals.
Dec. 8 – Holiday Party @ Putnam County Golf Course
Please see Site Manager for details.

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.