



Office for Senior Resources Putnam Valley Friendship Center

May 2026 ~ (845) 808-1730

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

May 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

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

10:30 am Line Dancing w/ Rich
 11:00 am Coffee & Conversation
 12:30 pm Nutty Knotters
 1:00 pm Pilates

Thursday Bingo/cards/billiards

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

Friday Bingo/cards/billiards

10:00 am Garden Club w/ Carla
 11:00 am Zumba w/ Kelly
 12:30 pm Ceramics

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, MAY 13th @ 3:00 pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
 Thursdays @ 3:15 pm – Sassy Seniors Group w/ Michele
 Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

**On-line Caregivers Support Group Meeting
 (Using the MicroSoft TEAMS App):**

Thursday, MAY 21st @ 2:00 pm
 To register, please contact Lynne Cabiati
 (845) 808-1700 ext. 47113

May Special Events

- May 5 – **Brain Fitness** @ 10:00am w/ Mike
- May 7 – **BP Screening** @ 10:00am w/ Mary Massoud, OSR Nurse
- May 7 – **Understanding Social Security Presentation**
 @ 11:00am w/ Dennis Sklarnik – AARP
- May 7 – **Mother’s Day Celebration**
- May 12 – **Crafts** w/ Liz @ 11:00am
- May 13 – **Staff Training Day. ALL SITES CLOSED.**
No delivery of Home Delivered Meals.
- May 13 – **Book Club** @ 3:00pm
- May 14 – **Citizen Preparedness Corps Presentation**
 @ 10:45am w/ Kyle Kilner CPT
- May 14 – **Caregivers Support Group** @ 11:45am
- May 15 – **PV School Budget Presentation** @ 11am
 w/ Superintendent Jeremy Luft
- May 21 – **BINGO w/ the Plaza** @ 12:45pm w/ Maddie Majette
- May 25 – **Memorial Day Holiday. ALL SITES CLOSED.**
No Delivery of Home Delivered Meals.
- May 26 – **Parkinson’s Presentation** @ 11:00am
 w/ Mary Massoud, OSR Registered Nurse
- May 27 – **May is Stroke Month Presentation** @ 11:00am
 w/ Sarena Chisick, Med BSN RN
- May 28 – **BP Screening** @ 10:00am w/ Mary Massoud, OSR Nurse

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.