



Office for Senior Resources

Putnam Valley Friendship Center

August 2026 ~ (845) 808-1730

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

August 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
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

10:30 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
1:00 pm Exercise w/ Sue

Friday

Bingo/cards/billiards

10:00 am Garden Club w/ Carla
12:30 pm Ceramics
11:00 am Wisdom, Wellness and
Empowerment w/ Rose
1:00 pm Mindfulness Yoga w/Jacque
(Aug. 7, Aug. 14, Aug. 21)

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, AUGUST 19TH @ 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, AUGUST 13th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

August Special Events

Aug 4 -- **Brain Fitness** w/ Mike @ 10:00 am

Aug 6 -- **Summer Party** @ Site

Aug 11 – **Crafts** w/ Liz @ 11:00 am

Aug 11 – **Caregivers Support Group** @ 11:45 am

Aug 13 – **Presentation: Mobile Crisis Outreach Team** @12:00
w/ Tammy Kirkman

Aug 18 – **Brain Fitness** w/ Mike @ 10:00 am

Aug 19 – **BP Screening** @ 10:15 w/ Mary Massoud, OSR RN

Aug 19 – **Presentation: What are the CBC and BMP** @ 11:00
w/ Mary Massoud, OSR RN

Aug 20 – **Cell Phone/Tablet/Computer Walk-in** 12:30-2:00
w/ Pascale Berner

Aug 25 – **Presentation: Lyme Disease** @ 11:00 am
w/ Sarena Chisick, Med BSN RN

Aug 27 – **Presentation: Medical Education & Research
Institute (MERI) Program** @ 11:00 am
w/ Daniel Baldessarre

UPCOMING EVENT:

Falls Prevention Week – Sept. 21st-25th

*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.