



Office for Senior Resources

Putnam Valley Friendship Center

September 2026 ~ (845) 808-1730

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

September 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
- 12:30 pm Ceramics
- 1:00 pm Exercise w/ Sue

Friday Bingo/cards/billiards

- 10:00 am Garden Club w/ Carla
- 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, Sept. 23rd @ 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, September 17th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

September Special Events

- Sept 7 – **Labor Day Holiday. ALL SITES CLOSED.**
No Delivery of Home Delivered Meals
- Sept 8 -- **Brain Fitness @ 10:00 am w/ Mike**
- Sept 8 -- **Caregivers Support Group @ 11:45**
- Sept 8 -- **Crafts w/ Liz @ 11:00 am**
- Sept 10 -- **Putnam Valley Town Picnic @ 10:00 am**
@ The Putnam Valley Town Park Pavillion
- Sept 16 – **Blood Pressure Screening @ 10:00 am**
w/ Mary Massoud, OSR Registered Nurse
- Sept 17 – **Medicare and Medicaid Scams Presentation**
@ 11:00 am w/ Deborah Merced
- Sept 21–Sept 22 – **Falls Prevention Week**
Agenda of events available at the site
- Sept 22 -- **Brain Fitness @ 10:00 am w/ Mike**

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.