

Office for Senior Resources Putnam Valley Friendship Center January $2025 \sim (845) 808-1730$

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

January Activities:

Monday Bingo/cards/billiards

> 10:00 am Tai Chi w/ Kim 10:00 am Art w/ Maggie 12:00 pm Rummikub 1:00 pm **Fall Prevention**

w/ Naomi

Tuesday Bingo/cards/billiards

> Line Dancing w/Betty 10:30 am

11:00 am 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

Friday Bingo/cards/billiards

11:00 am Zumba w/ Kelly

12:30 pm Ceramics

1:00 pm Exercise w/ Sue

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 - Tai Chi w/ Kim Cercena Thursdays @ 10:00 am

Call-in Activities:

Wednesday, January 29th @ 3:15 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

January Special Events

Jan 1 - New Years Day Holiday

ALL SITES CLOSED. No delivery of Home Delivered

Jan 7 - Brain Fitness w/ Mike Lambe @ 10:00

Jan 7 - Crafts w/ Liz @ 11:00

Jan 14 - Caregivers Support Group @ 11:45

Jan 20 - Martin Luther King, Jr. Day

ALL SITES CLOSED. No delivery of Home

Delivered Meals.

Jan 23 – Brain Fitness w/ Mike Lambe @ 10:00

Jan 29 - Book Club @ 3:00

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.