



Office for Senior Resources
Putnam Valley Friendship Center
October 2024 ~ (845) 808-1730

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

October 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
10:30 am Line Dancing w/Betty
12:00 pm Movie
SHOPPING – ShopRite
(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
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
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:

Wednesday, October 30th @ 3:00 pm – BOOK CLUB

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

October Special Events

- Oct 1 – Crafts w/ Liz @ 11:00
Oct 3 – Alzheimer’s Mini Walk @ 1:00
Oct 14 – Columbus Day – All sites closed. No delivery of Home Delivered Meals.
Oct 15 – Brain Fitness w/ Mike Lambe @ 10:00
Oct 15 – Caregivers Support Group @ 11:45
Oct 17 – Presentation: Healthy Cooking on a Budget Elizabeth Margiotta, MS, CDN along with Josephine Quiocho from Cornell Coop. Extension
Oct 22 – Alzheimer’s Association 10:00-2:00 Care Consultant, Eileen Hendriksen, LMSW
Oct 23 – Harvest Jamboree @ Putnam County Golf Course Site closed. Home Delivered Meals will be delivered
Oct 29 – Brain Fitness w/ Mike Lambe @ 10:00

BEACH Shopping 3rd Monday of every month

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.