



# Office for Senior Resources

## Putnam Valley Friendship Center

### October 2025 ~ (845) 808-1730

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

### October 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      Fall Prevention w/ Naomi

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**Tuesday**      Bingo/cards/billiards

10:30 am      Line Dancing w/Betty  
12:00 pm      Movie

**SHOPPING – ShopRite**  
*Beach Shopping - 3<sup>rd</sup> Tuesday of the month*

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**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

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**Thursday**      Bingo/cards/billiards

10:00 am      Chair Yoga w/ Lucy

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**Friday**      Bingo/cards/billiards

11:00 am      Zumba w/ Kelly  
12:30 pm      Ceramics  
1:00 pm      Exercise w/ Sue

**UPCOMING EVENT:** Oct. 8<sup>th</sup> @ 10:30  
Public Hearing: Annual Update  
William Koehler Senior Center  
180 Route 6, Mahopac

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 22nd @ 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, October 9th @ 2:00 pm  
To register, please contact Lynne Cabiati  
(845) 808-1700 ext. 47113

### October Special Events

- Oct 2 -- **Senior Tech Connect Presentation @ 10:00 am**  
w/ Youth Bureau
- Oct 7 – **Crafts w/ Liz @ 11:00 am**
- Oct 8 – **When to Get Screened Presentation @ 11:00 am**  
w/ Sarena Chisick, Med BSN RN
- Oct 9 -- **Nutrition Education @ 11:00 am**  
w/ Josephine Quiocho
- Oct 13 – **Columbus Day Holiday ALL SITES CLOSED**  
**No delivery** of Home Delivered Meals
- Oct 14 -- **Brain Fitness w/ Mike @ 10:00 am**
- Oct 14 – **Caregivers Support Group @ 11:45 am**
- Oct 16 – **Warning Signs of Alzheimer’s Presentation**  
**@ 11:00 w/ Joan Carl**
- Oct 22 -- **Book Club @ 3:00 pm**
- Oct 23 -- **Discovery Live Tour to Bahia, Brazil @ 11:00 am**
- Oct 28 – **Harvest Jamboree @ PC Golf Course @ 10:00 am**  
Site Closed. There **will** be delivery of Home  
Delivered meals.
- Oct 30 – **Brain Fitness w/ Mike @ 10:00 am**

*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.