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

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

November 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

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Tuesday   Bingo/cards/billiards

10:30 am	Line Dancing w/Betty
11:00 am	Movie

SHOPPING – *ShopRite*
Beach Shopping - 3rd 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
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:
Thursday, November 21st @ 3:30 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

November Special Events

Nov 5 – Crafts w/ Liz @ 11:00
Nov 11 – Veterans Day – All sites closed.
        No delivery of Home Delivered Meals.
Nov 19 – Brain Fitness w/ Mike Lambe @ 10:00
Nov 20 – OSR Training Day – All sites closed.
        No delivery of Home Delivered Meals.
Nov 21 – Book Club @ 3:30
Nov 26 – Alzheimer's Association 10:00-2:00
        Care Consultant, Eileen Hendriksen, LMSW
Nov 28 & 29 (Two Days) – Thanksgiving Holiday
        All sites closed. No delivery of Home Delivered Meals.

UPCOMING EVENT:
Dec. 10 – Holiday Party at Putnam County Golf Club
(See Site Manager for details.)

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.