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

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

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

Call-in Activities:
Wednesday, December 18th @ 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

December Special Events

Dec 3 – **Crafts w/ Liz** @ 11:00
Dec 10 – **Holiday Party** @ Putnam County Golf Course. Site Closed. Home Delivered Meals will be delivered.
Dec 12 – **Brain Fitness** w/ Mike Lambe @ 10:00
Dec 12 – **Caregivers Support Group** @ 11:45
Dec 16 – **Holiday Dessert Cooking Demo** @ 11:00 w/ Nutritionist Elizabeth Margiotta, MS, CDN and Nutrition Educator Josephine Quiocho from Cornell Cooperative Extension
Dec 18 – **Book Club** @ 3:15
Dec 25 & 26 (Two Days) – **Christmas Holiday** ALL SITES CLOSED. **No delivery** of Home Delivered Meals.
Dec 31 – **Brain Fitness** w/ Mike Lambe @ 10:00

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.