



# Office for Senior Resources Putnam Valley Friendship Center

February 2025 ~ (845) 808-1730

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

## February 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 - 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

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, February 19th @ 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

## February Special Events

- Feb 4 – **Brain Fitness** w/ Mike Lambe @ 10:00
- Feb 11 – **Caregivers Support Group** @ 11:45
- Feb 14 – **Valentine’s Day Celebration** w/ Entertainment
- Feb 17 - **President’s Day Holiday**  
ALL SITES CLOSED. No delivery of Home  
 Delivered Meals.
- Feb 19 – **Book Club** @ 3:00
- Feb 20 – **A Heart Healthy Diet Presentation** @ 11:15  
 w/ OSR Nutritionist Elizabeth Margiotta, MS, CDN
- Feb 25 – **Brain Fitness** w/ Mike Lambe @ 10:00
- Feb 26 – **Keep Our Heart Healthy Presentation** @ 11:15  
 w/ Sarena Chisick, MEd, BSN, RN / Putnam Hosp.

*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.**