



# Office for Senior Resources

## Putnam Valley Friendship Center

### February 2026 ~ (845) 808-1730

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

## February 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

**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

**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  
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 18th @ 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, February 19th @ 2:00 pm  
To register, please contact Lynne Cabiati  
(845) 808-1700 ext. 47113

## February Special Events

Feb 3 -- Crafts w/ Liz

Feb 10 -- Brain Fitness w/ Mike @ 10:00 am

Feb 10 -- Caregivers Support Group @ 11:45 am

Feb 12 -- Alzheimer's Association open hours 10:30-2:00  
w/ Care Consultant Stacey Rosenbluth, LCSW

Feb 12 -- Valentine's Day Celebration w/ Entertainment

Feb 16 -- Presidents Day Holiday. **ALL SITES CLOSED.**

**No Delivery** of Home Delivered Meals.

Feb 17 -- Love Your Heart Presentation @ 11:00 am  
w/ Sarena Chisick, Med BSN RN

Feb 18 -- Book Club @ 3:00 pm

Feb 24 -- Brain Fitness w/ Mike @ 10:00 am

#### Upcoming Event:

**March 10** – St. Patrick's Day Luncheon @ Putnam County  
Golf Course – Please see the Site Manager for details.

*Rides to doctor appointments are available through  
our Demand Response Medical Transportation  
Program. For information call Vanessa at  
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.**