



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 - 3rd 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.