



Office for Senior Resources Putnam Valley Friendship Center April 2025 ~ (845) 808-1730

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

April 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

Tuesday Bingo/cards/billiards

10:30 am Line Dancing w/Betty
11:00 am 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, April 16th @ 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, April 17th @ 2:00 pm
To register, please contact Lynne Cabati (845) 808-1700 ext. 47113

April Special Events

- April 1 – Crafts w/ Liz @ 11:00
- April 8 – Caregivers Support Group @ 11:45
- April 15 – Brain Fitness w/ Mike @ 10:00
- April 16 – Discover Live Tour/Croatia @ 11:00
- April 16 – Book Club @ 3:00
- April 17 – Getting Ready for Tick Season – How to Prevent Getting Lyme Disease @ 11:00 w/ Sarena Chisick, MEd BSN RN – Nuvance Health
- April 22 – Cooking Demo & Presentation @ 11:30 w/ Nutritionist Elizabeth Margiotta, MS, CDN & CCE Nutrition Educator Josephine Quiocho
- April 22 – Alzheimer’s Association 10:00 to 2:00 w/ Eileen Hendriksen, LMSW
- April 22 – CarFit @ 12:00-3:00 Must sign up w/ Site Mgr.
- April 23 – Mini State of the County Presentation @ 10:30 to 11:45 w/ County Executive, Kevin Byrne
- April 29 – Brain Fitness w/ Mike @ 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.