



Office for Senior Resources Putnam Valley Friendship Center

April 2026 ~ (845) 808-1730

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

April 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, April 22nd @ 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):

Tuesday, April 21st @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

April Special Events

- April 2 – **BP Screening @ 10:00**
w/ Mary Massoud, OSR Registered Nurse
- April 2 – **Nutrition Education Presentation @ 11:00**
w/ Jo Quinocho, Cornell Cooperative Extension
- April 7 – **Crafts w/ Liz @ 11:00 am**
- April 7 – **Caregivers Support Group @ 11:45**
- April 14 – **Brain Fitness @ 10:00 am w/ Mike**
- April 14 – **Parkinson’s Foundation Presentation @11:00**
w/ Nancy Nealon
- April 16 – **Understanding Alzheimer’s and Dementia**
w/ Joan Carl @ 10:45
- April 21 – **Fraud Alert System Presentation @ 11:00**
w/ Putnam County Clerk Michael Bartolotti
- April 22 – **Mini State of the County Presentation @ 10:45**
w/ County Executive Kevin Byrne
- April 22 – **Book Club @ 3:00 pm**
- April 30 – **The Fraud Network Presentation @ 11:00**
w/ Dennis Sklarnik - AARP

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.