



# Office for Senior Resources Putnam Valley Friendship Center

**July 2025 ~ (845) 808-1730**

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

## July Activities:

**Monday** Bingo/cards/billiards

10:00 am Tai Chi w/ Kim  
11:00 am Meals on Main Food Truck  
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, July 30<sup>th</sup> @ 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):

Wednesday, July 30<sup>th</sup> @ 2:00 pm

To register, please contact Lynne Cabiat  
(845) 808-1700 ext. 47113

## July Special Events

July 1 -- **Brain Fitness** w/ Mike @ 10 am

July 4 -- **Independence Day Holiday. ALL SITES CLOSED.**  
**No delivery** of Home Delivered Meals.

July 8 -- **Caregivers Support Group** @ 11:45 am

July 14 -- **Nutrition Ed. Presentation** @ 11:30 am  
w/ Elizabeth Margiotta MS, CDN and  
Dietetic Intern, Shannon Lee

**TOPIC: Understanding Hydration: A Guide for  
Older Adults**

July 15 -- **Brain Fitness** w/ Mike @ 10 am

July 22 -- **Alzheimer's Association** open hours 10:00-2:00  
w/ Care Consultant Eileen Hendriksen, LMSW

July 22 -- **Crafts** w/ Liz @ 11:00 am

July 23 -- **NY Presbyterian Hudson Valley Hospital  
Presentation** @ 11:00 am

**TOPIC: Staying Heart Healthy Throughout  
The Year**

July 24 -- **Discovery Live Tour to G'Dansk, Poland** @ 11 am

July 30 -- **Alzheimer's Association Presentation** @ 11 am  
w/ Joan Carl

**TOPIC: Healthy Living for the Brain and Body**

July 30 -- **Book Club** @ 3:00 pm

*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.