



Office for Senior Resources

Putnam Valley Friendship Center

August 2025 ~ (845) 808-1730

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

August 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

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

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, AUGUST 13th @ 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, August, 14th @ 2:00 pm

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

August Special Events

Aug 1 -- **Defensive Driving Training. ALL SITES CLOSED.**

No delivery of Home Delivered Meals.

Aug 6 -- **WestCOP Weatherization Presentation @ 11 am**
w/ Director, Dirk Fields, WestCOP

Aug 6 -- **Summer Sizzling Party**

Aug 12 -- **Caregivers Support Group @ 11:45 am**

Aug 13 -- **Book Club @ 3:00 pm**

Aug 19 -- **Crafts w/ Liz @ 11 am**

Aug 21 -- **Community Health Engagement Presentation**
@ 11 am w/ Leora Matt, RN & RN-BSN Student

Aug 26 -- **Alzheimer's Association** open hours 10:00-2:00
w/ Care Consultant Eileen Hendriksen, LMSW

Aug 28 -- **Discovery Live Tour to Berlin, Germany @ 11 am**

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.