



Office for Senior Resources

Putnam Valley Friendship Center

September 2025 ~ (845) 808-173

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

September Activities:

Monday Bingo/cards/billiards

10:00 am Art w/ Maggie
10:00 am Tai Chi w/ Kim
12:00 pm Rummikub
1:00 pm Fall Prevention w/ Naomi

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, SEPT 24th @ 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, September 18th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

September Special Events

- Sept 1 – **Labor Day Holiday. ALL SITES CLOSED.**
No delivery of Home Delivered Meals
- Sept 2 -- **Brain Fitness** w/ Mike @ 10:00 am
- Sept 8 -- **Fall Prevention Presentation** @ 11:00 am
w/ Sarena Chisick, Med BSN RN
- Sept 9 -- **Crafts** w/ Liz @ 11:00 am
- Sept 9 -- **Caregivers Support Group** @ 11:45 am
- Sept 10 – **Putnam Valley Senior Picnic** @ 10:00 am
@ The Putnam Valley Town Park Pavillion
- Sept 16 – **Brain Fitness** w/ Mike @ 10:00 am
- Sept 17 – **Discovery Live Tour to Ljubljana, Slovenia**
@ 11:00 am
- Sept 18 – **Alzheimer’s Assoc. Mini Walk** @ 11:00-1:00
- Sept 23 – **Fall Prevention Event** @ 10:00-12:00
- Sept 23 -- **Alzheimer’s Association** open hours 10:00-2:00
w/ Care Consultant Eileen Hendriksen, LMSW
- Sept 24 – **Book Club** @ 3:00 pm

UPCOMING EVENT: Harvest Jamboree on Oct. 28th at
Putnam County Golf Course – See Site Mgr. for details

*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.