



Office for Senior Resources Putnam Valley Friendship Center August 2024 ~ (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
 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
 12:00 pm Movie

SHOPPING – ShopRite
 (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

Thursday Bingo/cards/billiards

10:00 am Chair Yoga w/ Lucy
 1:00 pm Cardio Strength
 w/ Lori

Friday Bingo/cards/billiards

10:30 am Energy Fitness w/Rose
 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 28th @ 3:00 pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
 Thursdays @ 2:00 pm – Sassy Seniors Group w/ Michele
 Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

August Special Events

- Aug 6 – Crafts w/ Liz @ 11:00
- Aug 13 – Caregivers Support Group @ 11:45
- Aug 13 – Brain Fitness w/ Mike Lambe @ 10:00
- Aug 13 – **FLIP FLOP FIESTA** – 12:30 – 2:00pm
- Aug 27 – Alzheimer’s Association 10:00-2:00
 Care Consultant, Eileen Hendriksen, LMSW
- BEACH Shopping 3rd Monday of every month

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call Frank Simonfay at 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.