



# Office for Senior Resources Putnam Valley Friendship Center September 2024 ~ (845) 808-1730

Mondays-Fridays 9:00 am – 2:00 pm

## September 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

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**Tuesday** Bingo/cards/billiards

10:30 am Line Dancing w/Betty  
12:00 pm Movie

**SHOPPING – ShopRite**  
(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

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**Thursday** Bingo/cards/billiards

10:00 am Chair Yoga w/ Lucy

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**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, September 25<sup>th</sup> @ 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

## September Special Events

Sept 2 – **LABOR DAY** – All Sites CLOSED.  
No Delivery of Home Delivered Meals.

Sept 4 – **Putnam Valley SENIOR PICNIC**  
from 10:00am to 2:00pm

Sept 9 – Advanced Care Planning Presentation @ 11:00

Sept 10 – Crafts w/ Liz @ 11:00

Sept 10 – Caregivers Support Group @ 11:45

Sept 11 – Pilates w/ Christine BEGINS @ 1:00

Sept 24 – Brain Fitness w/ Mike Lambe @ 10:00

Sept 26 – **Alzheimer’s Association** 10:00-2:00

Care Consultant, Eileen Hendriksen, LMSW

BEACH Shopping 3<sup>rd</sup> Monday of every month

*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.**