



# Office for Senior Resources Putnam Valley Friendship Center January 2026 ~ (845) 808-1730

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

## January Activities:

### Monday Bingo/cards/billiards

10:00 am Art w/ Maggie  
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  
12:00 pm 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, JANUARY 21<sup>st</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):

Thursday, January 22nd @ 2:00 pm

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

## January Special Events

Jan 1 -- **New Years Day Holiday. ALL SITES CLOSED.**

**No Delivery** of Home Delivered Meals.

Jan 8 -- **Nutrition Education Presentation @ 11:00**  
w/ Josephine Quinocho

Jan 13 -- **Brain Fitness w/ Mike @ 10:00 am**

Jan 13 -- **Caregivers Support Group @ 11:45 am**

Jan 19 -- **Martin Luther King, Jr. Day Holiday. ALL SITES**  
**CLOSED.** **No Delivery** of Home Delivered Meals.

Jan 20 -- **AFC Urgent Care–Nutrition Presentation @ 11:00**  
w/ Nicole and Kellie

Jan 21 -- **Book Club @ 3:00 pm**

Jan 22 -- **Discover Live Tour to Split, Croatia @ 11:00 am**

Jan 27 -- **Brain Fitness w/ Mike @ 10:00 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.