



Office for Senior Resources Putnam Valley Friendship Center

May 2025 ~ (845) 808-1730

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

May Activities:

Monday Bingo/cards/billiards

- 10:00 am Tai Chi w/ Kim
- 10:00 am Art w/ Maggie
- 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

- 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, May 21st @ 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, May 15th @ 2:00 pm

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

May Special Events

May 1 -- **NYS Long Term Care Ombudsman Program (LTCOP) Presentation** w/Judy Farrell, MPA @ 11:00

May 5 -- **Community Conversation** w/ Alzheimer's Association @10:00

May 6 -- **Crafts** w/ Liz @ 11:00

May 6 -- **Caregivers Support Group** @ 11:45

May 7 -- **Stroke Awareness Presentation** @ 11:00
w/ Sarena Chisick, MEd BSN RN

May 9 -- **Happy Mother's Day**

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

May 21 – **Discovery Live Tour to Paris, France** @ 11:00

May 21 – **Book Club** @ 3:00

May 26 – **Memorial Day Holiday - ALL SITES CLOSED.**
No delivery of Home Delivered Meals.

May 27 – **Brain Fitness** w/ Mike @ 10:00

May 27 – **Alzheimer's Association** open hours 10:00-2:00
w/ Care Consultant Eileen Hendriksen, LMSW

Upcoming Event:

June 11 – Annual Senior Picnic @ Veterans Memorial Park

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.