



Office for Senior Resources Putnam Valley Friendship Center

April 2024 ~ (845) 808-1730

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

April 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

Shop Rite Shopping

Wednesday Bingo/cards/billiards

10:30 am Line Dancing w/ Rich
11:00 am Coffee & Conversation
1:00 pm Exercise w/ Sue Roos

Thursday Bingo/cards/billiards

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

Friday Bingo/cards/billiards

11:00 am Zumba w/ Kelly
12:00 pm Movies
12:30pm Ceramics

On-line exercise classes and call-in activities are available.
Please contact 845-808-1700 to register.

On-line Exercise Classes (Using the MicroSoft TEAMS App):

Mondays @ 10:00 am – Chair Yoga w/ Lucy Conway
Wednesdays @ 11:00 am – Zumba w/ Kelly House
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena
Fridays @ 10:00 am – Exercise w/ Sue Roos

Call-in Activities:

Wed Apr 3 @ 3:00 pm – As the Page Turns (Book Club)

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

April Special Events

- Apr 2 – Brain Fitness w/ Mike Lambe @ 10:00
- Apr 2 – Crafts w/ Liz @ 11:00
- Apr 3 – Nutty Knotters @ 12:30
- Apr 9 – Caregivers Support Group @ 11:45
- Apr 10 – Nutty Knotters @ 12:30
- Apr 16 – Brain Fitness w/ Mike Lambe @ 10:00
- Apr 16 – Foods for Brain Health @ 11:30
w/ Nutritionist Elizabeth Margiotta, MS, CDN
- Apr 16 – Nutrition for Brain Health @ 11:30
- Apr 17 – Nutty Knotters @ 12:30
- Apr 30 – Alzheimer's Association 10:00 – 2:00
Care Consultant Eileen Hendriksen LMSW
- Apr 30 – Brain Fitness w/ Mike Lambe @ 10:00

Rides to doctor appointments are available
through our Demand Response Program.
Please call Frank Simonfay at 845-808-1700
Ext. 47104 to schedule ride.

**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.**