



Office for Senior Resources

Putnam Valley Friendship Center

March 2024 ~ (845) 808-1730

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

March 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

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 Mar 6 @ 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

March Special Events

- Mar 5 – Brain Fitness w/ Mike Lambe @ 10:00
- Mar 5 – Crafts w/ Liz @ 11:00
- Mar 6 – As The Page Turns (Book Club) 3:00
- Mar 6 – Nutty Knotters @ 12:30
- Mar 12 – St. Patrick's Luncheon @ Putnam County Golf Course (Site closed. / Homebound meals will be delivered.)
- Mar 13 – Nutty Knotters @ 12:30
- Mar 14 – Caregivers Support Group @ 11:45
- Mar 19 – Brain Fitness w/ Mike Lambe @ 10:00
- Mar 20 – Nutty Knotters @ 12:30
- Mar 26 – Alzheimer's Assoc. 10:00 – 2:00
Care Consultant Eileen Hendriksen, LMSW
- Mar 27 – Nutty Knotters @ 12:30

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.