



Office for Senior Resources Putnam Valley Friendship Center

June 2026 ~ (845) 808-1730

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

June 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 Dance 4 Fit w/ Christine

Tuesday Bingo/cards/billiards

- 10:30 am Line Dancing w/Betty
- 12:00 pm 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
- 1:00 pm Exercise w/ Sue

Friday Bingo/cards/billiards

- 10:00 am Garden Club w/ Carla
- 11:00 am Zumba w/ Kelly
- 12:30 pm Ceramics

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, JUNE 17th @ 3:00 pm – BOOK CLUB w/ Sally Jo
- Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting (Using the MicroSoft TEAMS App):

- Thursday, JUNE 18th @ 2:00 pm
- To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

June Special Events

- June 2 – **Crafts** w/ Liz @ 11:00 am
- June 9 -- **Caregivers Support Group** @ 11:45 am
- June 10 – **Annual Senior Picnic** @ Veterans Memorial Park
Home Delivered Meals **WILL BE** delivered.
- June 11 - **Alzheimer’s Association** open hours 10:00 – 2:00
w/ Care Consultant Stacey Rosenbluth, LCSW
- June 11 – **Healing Herbs Presentation** @ 11:00
w/ Mary Massoud, OSR Registered Nurse
- June 11 – **Blood Pressure Screening** @ 12:00 pm
w/ Mary Massoud, OSR Registered Nurse
- June 16 – **Brain Fitness** @ 10:00 w/ Mike
- June 17 – **Book Club** @ 3:00 pm
- June 18 – **Father’s Day Celebration** @ Site 12:00 pm
- June 19 – **Juneteenth Holiday. ALL SITES CLOSED.**
No Delivery of Home Delivered Meals.
- June 23 – **Blood Pressure Screening** @ 10:00 am
w/ Mary Massoud, OSR Registered Nurse
- June 30 – **Brain Fitness** @ 10:00 am w/ Mike
- June 30 – **Farmer’s Market Presentation** w/ Cornell @ 11:00
w/ Josephine Quiocho, SNAP Ed Nutrition Coord.

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.