



Office for Senior Resources

Putnam Valley Friendship Center

November 2025 ~ (845) 808-1730

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

November 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

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

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, NOVEMBER 19th @ 3:00 pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
Thursdays @ 3:15 pm – Sassy Seniors Group
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting
(Using the MicroSoft TEAMS App):
Tuesday November 18th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

November Special Events

- Nov 4 – **Crafts w/ Liz @ 11:00 am**
- Nov 11 – **Veterans Day Holiday. ALL SITES CLOSED.**
No Delivery of Home Delivered Meals
- Nov 13 -- **Brain Fitness w/ Mike @ 10:00 am**
- Nov 18 – **Nutrition Presentation @ 11:00 am**
Topic: Soup for the Soul
Presenter: Josephine Quiocho
- Nov 19 -- **Book Club @ 3:00 pm**
- Nov 20 -- **Discovery Live Tour to Luxor, Egypt @ 11:00 am**
- Nov 25 – **Brain Fitness w/ Mike @ 10:00 am**
- Nov 25 -- **Alzheimer’s Association open hours 10:00-2:00**
w/ Care Consultant Eileen Hendricksen, LMSW
- Nov 27/28 - **Thanksgiving Holiday. ALL SITES CLOSED.**
No delivery of Home Delivered Meals.

Upcoming Event:
Dec. 9 – Holiday Party @ Putnam County Golf Course
Please see Site Manager for details.

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call Vanessa at 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.