



Office for Senior Resources Putnam Valley Friendship Center

March 2026 ~ (845) 808-1730

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

March 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

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, MARCH 18th @ 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, March 19th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

March Special Events

- Mar 3 -- **Crafts** w/ Liz @ 11:00 am
- Mar 10 – **St. Patrick’s Luncheon** @ PC Golf Course.
SITE CLOSED. There will be delivery of Home Delivered Meals.
- Mar 12 – **Caregivers Support Group** @ 11:45 am
- Mar 17 – **St. Patrick’s Day**
- Mar 17 – **Brain Fitness** w/ Mike @ 10:00 am
- Mar 18 -- **Book Club** @ 3:00 pm
- Mar 19 – **Let’s Talk Health Presentation** @ 11:00 am
w/ Putnam County Department of Health
- Mar 25 – **Baseball Opening Day Party**
- Mar 31 – **Brain Fitness** w/Mike @ 10:00 am

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.