



Office for Senior Resources Putnam Valley Friendship Center

June 2025 ~ (845) 808-1730

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

June Activities:

Monday Bingo/cards/billiards

10:00 am Tai Chi w/ Kim
10:00 am Art w/ Maggie
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
11:00 am 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, JUNE 25th @ 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):

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

June Special Events

- June 4 -- **Staff Training Day. ALL SITES CLOSED**
No delivery of Home Delivered Meals.
- June 6 -- **Discovery Live Tour to Perugia, Italy @ 12:00pm**
- June 11 – **Annual Senior Picnic @ Veterans Memorial Park**
ALL SITES CLOSED. Home Delivered
Meals **will be** delivered.
- June 13 – **Caregivers Support Group @ 11:45am**
- June 17 – **Brain Fitness w/ Mike @ 10:00am**
- June 19 – **Juneteenth Holiday. ALL SITES CLOSED.**
No delivery of Home Delivered Meals.
- June 24 – **Alzheimer’s Association** open hours 10:00-2:00
w/ Care Consultant Eileen Hendriksen, LMSW
- June 25 – **Book Club @ 3:00pm**
- June 26 -- **Nutrition Education Presentation @ 11:00am**
w/ Nutritionist Elizabeth Margiotta, MS, CDN &
CCE Nutrition Educator Josephine Quiocho
- June 27 – **Red Cross Disaster Preparedness Pres. @ 11:00**
Ericka Vacaflores, Community Disaster Prog.Mgr.

*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.