



Putnam Valley Friendship Center

May 2023 ~ (845) 808-1730

May 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

10:00 am I Pad Class

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

12:30 pm Ceramics w/ Evelyn

1:00 pm Cardio – Strength
 w/ Lori

Friday Bingo/cards/billiards

11:00 am Zumba w/ Kelly

11:15 am 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:

1st Wednesday of Month @ 3:00 pm – Book Club w/ Michele

Tuesdays @ 2:00 pm – Trivia w/ Sally Jo

Thursdays @ 2:00 pm – Comedy Hour w/ Michele

Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

May Special Events

- May 2 – Crafts w/ Liz @ 11:00
- May 10 – Book Club @ 3:00
- May 16 – Brain Fitness w/ Mike @ 10:00
- May 16 – Caregivers Support Group @ 11:45
- May 29 – Memorial Day Holiday / All sites closed and no delivery of home delivered meals
- May 30 – Brain Fitness w/ Mike @ 10:00

Upcoming Events:

- June 14 – Annual Senior Picnic
 at Veterans Memorial Park

Rides to doctor appointments available through our Demand Response Program. For information call: Frank Simonfay at 845-808-1700 ext. 47104

In the event of inclement weather to know about delays or cancellations, please listen to WHUD 100.7 radio or go to www.putnamcountyny.com/osr or call 845-808-1700/press 0.