



Office for Senior Resources Putnam Valley Friendship Center

June 2024 ~ (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
12:00 pm Rummikub
1:00 pm Fall Prevention
w/ Naomi

Tuesday

Bingo/cards/billiards

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

Thursday

Bingo/cards/billiards

10:00 am Chair Yoga w/ Lucy
1:00 pm Cardio Strength
w/ Lori

Friday

Bingo/cards/billiards

11:00 am Zumba w/ Kelly
12:00 pm Movies
12:30pm Ceramics

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:

Tues June 18th @ 3:00 pm – As the Page Turns (Book Club)

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

June Special Events

- June 4 – Presentation by Elizabeth Margiotta, MS, CDN Reducing Sodium in Your Diet @ 10:00
- June 4 – Crafts w/ Liz @ 11:00
- June 5 – Staff Training Day. **All sites are closed. Home Delivered meals will not be delivered.**
- June 7 – Energy Fitness w/ Rose @ 10:30
- June 11 – Brain Fitness w/ Mike Lambe @ 10:00
- June 11 – Caregivers Support Group @ 11:45
- June 12 – P.V. Senior Picnic @ Veterans Park. **Site is closed. Home Delivered Meals will be delivered.**
- June 14 – Energy Fitness w/ Rose @ 10:30
- June 18 – As the Page Turns (Book Club) @ 3:00
- June 19 – P.V. Town Park Picnic from 10:00-2:00 **Site is close. Home delivered Meals will be delivered.**
- June 21 – Energy Fitness w/ Rose @ 10:30
- June 24 – Alzheimer's Assoc. Presentation @ 11:15 TOPIC: 10 Warning Signs
- June 25 – Brain Fitness w/ Mike Lambe @ 10:00
- June 25 – Alzheimer's Association 10:00 – 2:00 Care Consultant Eileen Hendriksen LMSW
- June 26 – Nutty Knotters @ 12:30
- June 28 – Energy Fitness w/ Rose @ 10:30

Rides to doctor appointments are available through our Demand Response Program.

Please call Frank Simonfay at 845-808-1700 Ext. 47104 to schedule ride.

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.