



# Office for Senior Resources

## Putnam Valley Friendship Center

### September 2023 ~ (845) 808-1730

## SEPTEMBER Activities:

<b>Monday</b>	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
*****	
<b>Tuesday</b>	Bingo/cards/billiards
10:30 am	Line Dancing w/Betty
	Shop Rite Shopping
*****	
<b>Wednesday</b>	Bingo/cards/billiards
10:30 am	Line Dancing w/ Rich
11:00 am	Coffee & Conversation
1:00 pm	Exercise w/ Sue Roos
*****	
<b>Thursday</b>	Bingo/cards/billiards
10:00 am	Chair Yoga w/ Lucy
12:30 pm	Ceramics w/ Evelyn
1:00 pm	Cardio – Strength w/ Lori
*****	
<b>Friday</b>	Bingo/cards/billiards
11:00 am	Zumba w/ Kelly
12:00 pm	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:

- 1<sup>st</sup> Wednesday of Month @ 3:00 pm – Book Club w/ Michele
- |                     |                                  |
|---------------------|----------------------------------|
| 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       |

## September Special Events

- Sept 4 – Labor Day Holiday / all sites closed  
no delivery of home delivered meals
- Sept 5 – Crafts w/ Liz @ 11:00
- Sept 6 – Nutty Knotters (Knitting & Crocheting) @ 10:00
- Sept 6 – Book Club w/ Michele @ 3:00
- Sept 12 – Brain Fitness w/ Mike Lambe @ 10:00
- Sept 12 – Caregivers Support Group @ 11:45
- Sept 13 – Nutty Knotters (Knitting & Crocheting) @ 10:00
- Sept 26 – Brain Fitness w/ Mike Lambe @ 10:00
- Sept 27 – Fall Prevention Event 10:00 – 12:00

#### **UPCOMING EVENTS:**

November 2<sup>nd</sup> – Health Fair @ Koehler Senior Center

- ***Rides to doctor appointments are available through our Demand Response Program. Please call Frank Simonfay at 845-808-1700 ext. 47104 to schedule a ride.***

In the event of inclement weather to know about delays or cancellations, please listen to WHUD 100.7 radio or go to [www.putnamcountynv.com/osr](http://www.putnamcountynv.com/osr) or call 845-808-1700/press 0.