



# Office for Senior Resources Putnam Valley Friendship Center

## July 2024 ~ (845) 808-1730

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

### July 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

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**Tuesday**      Bingo/cards/billiards

10:30 am      Line Dancing w/Betty  
12:00 pm      Movie

Shop Rite      Shopping

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**Wednesday**      Bingo/cards/billiards

10:30 am      Line Dancing w/ Rich  
11:00 am      Coffee & Conversation

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**Thursday**      Bingo/cards/billiards

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

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**Friday**      Bingo/cards/billiards

11:00 am      Zumba w/ Kelly  
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 the MicroSoft TEAMS App):

Mondays @ 10:00 am      – Chair Yoga w/ Lucy Conway  
Thursdays @ 10:00 am      – Tai Chi w/ Kim Cercena  
Fridays @ 10:00 am      – Exercise w/ Sue Roos

#### Call-in Activities:

Wednesday, July 24<sup>th</sup> @ 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

### July Special Events

- July 2 – Crafts w/ Liz @ 11:00
- July 4 – **Independence Day** – (ALL sites closed. NO delivery of home delivered meals.)
- July 5 – Energy Fitness w/ Rose @ 10:30
- July 9 – Brain Fitness w/ Mike Lambe @ 10:00
- July 9 – Caregivers Support Group @ 11:45
- July 10 - Nutty Knotters
- July 12 – Energy Fitness w/ Rose @ 10:30
- July 17 – Nutty Knotters
- July 17 – **“Tips on Shopping at the Farmers’ Market”**  
w/ Elizabeth Margiotta, MS, CDN
- July 19 – Energy Fitness w/ Rose @10:30
- July 22 – **Alzheimer’s Assoc. Presentation**  
TOPIC: 10 Warning Signs w/ Annette Lopane @ 11:15
- July 23 – Brain Fitness w/ Mike Lambe @ 10:00
- July 23 – Alzheimer’s Association 10:00-2:00  
Care Consultant, Eileen Hendriksen, LMSW
- July 24 – Nutty Knotters
- July 26 – Energy Fitness with Rose
- July 31 – Nutty Knotters
- BEACH Shopping 3<sup>rd</sup> Monday of every month

***Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call Frank Simonfay at 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.**