



Office for Senior Resources

Putnam Valley Friendship Center

March 2025 ~ (845) 808-1730

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

March 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
 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, March 19th @ 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):
 Tuesday, March 18th @ 2:00 pm
 To register, please contact Lynne Cabiati
 (845) 808-1700 ext. 47113

March Special Events

- Mar 3 – **Osteoporosis Presentation @ 11:00**
 w/ Sarena Chisick, Med BSN RN, Health Education
 Coordinator @ Nuvance Health
- Mar 11 – **St. Patrick’s Luncheon @ PC Golf Course – Site**
 Closed/There will be delivery of home delivered
 meals
- Mar 13 -- **Brain Fitness w/ Mike @ 10:00**
- Mar 13 – **Caregivers Support Group @ 11:45**
- Mar 17 – **St. Patrick’s Day**
- Mar 17 – **Discover Live Tour – Dublin Ireland @ 12:30**
- Mar 18 – **Scams Presentation @ 10:30**
 w/ PC Deputy Claire Pierson
- Mar 19 – **Book Club @ 3:00**
- Mar 20 – **Senator Rolison’s Mobile Office @ 11:00 to 2:00**
- Mar 25 – **Brain Fitness w/ Mike @ 10:00**
- Mar 25 – **Alzheimer’s Association 10:00 – 2:00**
 w/ Eileen Hendriksen, LMSW

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