



Office for Senior Resources  
Putnam Valley Friendship Center  
January 2024 ~ (845) 808-1730

January 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
Shop Rite Shopping	
*****	
Wednesday	Bingo/cards/billiards
10:30 am	Line Dancing w/ Rich
11:00 am	Coffee & Conversation
12:30 pm	Nutty Knotters
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
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:

Wed Jan 10 @ 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

January Special Events

- Jan 1<sup>st</sup> – New Years Day Holiday – All sites closed/ no delivery of home delivered meals.
- Jan 2<sup>nd</sup> – Crafts w/ Liz @ 11:00
- Jan 9<sup>th</sup> – Brain Fitness w/ Mike Lambe @ 10:00
- Jan 9<sup>th</sup> – Caregivers Support Group w/ Marie @ 11:45
- Jan 10<sup>th</sup> – As the Page Turns Book Club @ 3:00
- Jan 15<sup>th</sup> – Martin Luther King Holiday – All sites closed/ no delivery of home delivered meals.
- Jan 23<sup>rd</sup> – Brain Fitness w/ Mike Lambe @ 10:00

UPCOMING EVENTS

March 12 – St. Patrick’s Party  
@ Putnam County Golf Course

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.