



Putnam Valley Friendship Center

March 2023 ~ (845) 808-1730

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
10:00 am	I Pad Class
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 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
11:15 am	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:

- 1st Wednesday of Month @ 3:00 pm – Book Club w/ Michele
- | | |
|---------------------|----------------------------|
| Tuesdays @ 2:00 pm | – Trivia w/ Sally Jo |
| Thursdays @ 9:30 am | – Brain Fitness w/ Mike |
| Thursdays @ 2:00 pm | – Comedy Hour w/ Michele |
| Fridays @ 2:00 pm | – Coffee & Convo w/ Miriam |

March Special Events

- Mar 1 – Book Club
- Mar 7 – Brain Fitness w/Mike Lambe @ 10:00
- Mar 7 – Crafts w/ Liz @ 11:00
- Mar 7 – Caregivers Support Group @ 11:45
- Mar 14 – Luncheon @ Putnam County Golf Course
(Site closed / Homebound meals will be delivered)
- Mar 21 – Brain Fitness w/ Mike Lambe @ 10:00
- Mar 28 – Brain Fitness w/ Mike Lambe @ 10:00

Rides to doctor appointments available through our Demand Response Program. For information call: Frank Simonfay at 845-808-1700 ext. 47104

In the event of inclement weather to know about delays or cancellations, please listen to WHUD 100.7 radio or go to www.putnamcountyny.com/osr or call 845-808-1700/press 0.