



Office for Senior Resources
Putnam Valley Friendship Center
 February 2019 ~ (845) 808-1730

February Activities:

Monday

	Bingo/cards/billiards
10:00 am	Art Class w/ Maggie
10:00 am	Tai Chi
11:00 am	Coffee & Convo
1:00 pm	Walmart Shopping
1:00 pm	Rummi Kub

Tuesday

	Bingo/cards/billiards
10:30 am	Line Dancing
10:30 am	Trivial Pursuit
1:00 pm	Fall Prevention

Wednesday

	Bingo/cards/billiards
11:00 am	Yoga
12:30 pm	Wii
1:00 pm	Social Dancing

Thursday

	Bingo/cards/billiards
11:00 am	Zumba Gold
12:30 pm	Ceramics
1:00 pm	Shoprite

Friday

	Bingo/cards/billiards
10:00 am	Wii Games
10:30 am	Exercise w/Sue
11:00 am	Movie Club

February Special Events

First Thursday of every month:
 Computer Registration 9:30-11:00 a.m.
 @ Putnam Valley & Mahopac sites

- Feb 1 & 15 – Foot Reflexology
- Feb 5 – Crafts w/Liz @ 11:00
- Feb 5 – Blood Pressure @ 10:15
- Feb 12 – PHC Heart Healthy @ 11:15
- Feb 14 – Dietician’s Corner w/Deirdre
- Feb 18 – Site Closed – Presidents Day
- Feb 22 – Academy Awards Day
- Feb 28 – Brain Fitness @ 10:15

Upcoming Events:

St. Patrick’s Day Luncheon
 March 18, 19, 20

We urgently need to recruit more drivers to meet our senior medical transportation needs. Please give a few hours taking a neighbor or veteran to a doctor appointment. Please call 845-808-1734.

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