

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Chair Yoga w/ Lucy [All sites] ➤ Coffee + Convo w/ Michele [Putnam Valley] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] ➤ Brain Fitness w/ Mike [Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Dancing w/ Rich [All sites] ➤ Bingo w/ Kris [Carmel] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Brain Fitness w/ Mike [Philipstown] ➤ Bingo w/ Mary [Put Valley, Philipstown] ➤ Bingo w/ Joanne [Carmel] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown] 	<p>9:00AM</p> <p>Breakfast Club [All sites]</p> <p>10:00AM</p> <ul style="list-style-type: none"> ➤ Exercise w/ Sue [All sites] ➤ Coffee + Convo w/ Mary [Put Valley, Philipstown] ➤ Brain Fitness w/ Mike [Carmel] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Kris [Adult Day Care] ➤ Brain Fitness w/ Mike [Carmel] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Trivia w/ Kris [Putnam Valley] ➤ Brain Fitness w/ Mike [Mahopac] ➤ Bingo w/ Joanne [Carmel] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Putnam Valley] 	<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Brain Fitness w/ Mike [Putnam Valley] ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Computer Learning for Seniors CLCS w/ Mary [Put Valley, Mahopac] ➤ Games w/ Mary [Adult Day Care] ➤ Coffee + Convo w/ Joanne [Carmel, Mahopac] ➤ Coffee + Convo w/ Pat [Carmel] <p>11:45AM</p> <ul style="list-style-type: none"> ➤ Caregivers Call [All sites] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Bingo w/ Kris [Put Valley, Philipstown] ➤ Bingo w/ Rosemary [Mahopac] <p>3:00PM</p> <ul style="list-style-type: none"> ➤ Book Club w/ Michele [Put Valley] 	<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Tai Chi w/ Kim [All sites] ➤ Coffee + Convo w/ Michele [Putnam Valley] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] ➤ Brain Fitness w/ Mike [Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Brain Fitness w/ Mike [Philipstown] ➤ Coffee + Convo w/ Kris [Put Valley, Philipstown] ➤ Coffee + Convo w/ Joanne [Carmel, Mahopac] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Bingo w/ Rosemary [Mahopac] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown] 	<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Kris [Putnam Valley] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Line Dancing w/ Rich [All Sites] ➤ Bingo w/ Mary [Adult Day Care] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Bingo w/ Mary [Put Valley, Philipstown] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown]



If you are interested in any of these classes please call (845)-808-1700

