



Office for Senior Resources
Friendship Center in Philipstown
October 2026 ~ (845) 808-1705

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

October Activities:

Monday

Bingo/cards billiards/Wii Bowling

10:15 am Dance 4 Fit with Christine

Tuesday

Bingo/cards/billiards/Wii Bowling

10:15 am Pilates with Christine

1:00 pm Yoga with Joelle

Wednesday

Bingo/Cards/billiards/Wii Bowling

10:00 am Tai Chi with Kim

10:00 am Mahjong

1:00 pm Mindful Meditation with Jackie

Thursday

Bingo/cards/billiards/Wii Bowling

10:00 am Art class with Dianne

11:15 am Chair Yoga with Lucy

12:30-2:00 pm Cell Phone/Tablet/Computer
Walk-In Hours w/ Pascale Berner

Friday

Bingo/cards/billiards/Wii Bowling

11:15 am Women’s & Men’s Discussion
w/ Ellen Rice & Jamar Brown

Rides to doctor appointments are available
through our Demand Response Medical
Transportation Program. For information,
call Vanessa at (845)808-1700 ext. 47104

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

Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:

Wednesday, October 28th @ 3:00 pm – Book Club w/ Sally Jo

Tuesdays @ 2:00 pm – Trivia w/ Sally Jo

Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting

(Using the MicroSoft TEAMS App):

Thursday, October 22nd @ 2:00 pm

To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

October Special Events...

Oct. 1 - Senior Acupuncture & Massage Presentation @ 11:00
w/ Mary Massoud, OSR Registered Nurse

Oct. 7 - PCDOH Flu Vaccine Clinic w/ PCODH @ 11:00-12:00

Oct. 12 - Columbus Day Holiday – All Sites CLOSED
NO DELIVERY OF HOME DELIVERED MEALS

Oct. 14 - Drug World COVID/Flu Vaccine Clinic @ 10:30

Oct. 16 - Downsizing & Decluttering Presentation @ 11:00
w/ Dennis Sklenarik, AARP

Oct. 19 - Disaster Preparedness Presentation @ 11:00
w/Erika Vacaflares, American Red Cross

Oct. 20 - Caregivers Support Group @ 11:45

Oct. 21 - Current Senior Scams @ 11:00
w/ District Attorney Robert Tendy

Oct. 22 - Concert by Music at St. Mary’s @ 11:00

Oct. 27 - Harvest Jamboree Party @ PC Golf Club
SITE CLOSED. Home Delivered Meals will be delivered.

Oct. 28 - Diabetes Self-Management Presentation @ 11:00
w/ Heidi Snyder, President & CEO of Drug World

Oct. 29 - Blood Pressure Screening @ 10:30
w/ Mary Massoud, OSR Registered Nurse

Shopping...

- October 14 & 28 - Walmart shopping
- October 7 & 21 - ShopRite shopping

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.