

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

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

November Activities:

Monday

Bingo/cards billiards/Wii Bowling
10:15 am Dance 4 Fit with Christine

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Tuesday

Bingo/cards/billiards/Wii Bowling
10:15 am Pilates with Christine
1:00 pm Yoga with Joelle

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Wednesday

Bingo/Cards/billiards/Wii Bowling
10:00 am Tai Chi with Kim
10:00 am Mahjong
1:00 pm Mindful Meditation with Jackie

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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

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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, Nov. 18th @ 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, November 19th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

November Special Events…

Nov. 9 - **Health Access Focus Group** @ 10:30 am w/Putnam County Dept. of Health-prior registration is required/see Site Manager for details

Nov. 10 - **Better Sleep Habits Presentation** @11:00 am w/Mary Massoud, OSR Registered Nurse

Nov. 11 - **Columbus Day Holiday -** All Sites CLOSED NO DELIVERY OF HOME DELIVERED MEALS

Nov. 12 - **Alzheimer's Association –** Open Hours 10:30-2:00 pm w/ Care Consultant Stacey Rosenbluth, LCSW

Nov. 23 - **Blood Pressure Screening** @ 10:30 am w/Mary Massoud, OSR Registered Nurse

Nov. 26 - **Thanksgiving Holiday -** All Sites CLOSED NO DELIVERY OF HOME DELIVERED MEALS

Nov. 27 - **Day After Thanksgiving -** All Sites CLOSED NO DELIVERY OF HOME DELIVERED MEALS

Upcoming Events:
Dec. 2nd – OSR Professional Development Day – all sites will will be closed and no delivery of meals
Dec. 8th – Holiday Party @ Putnam County Golf Course See Site Manager for details

Shopping…

- November 18 - Walmart shopping
- November 4 & 25 - 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.