Office for Senior Resources

Friendship Center in Philipstown

May 2026 ~ (845) 808-1705

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

May Activities:

Monday

Bingo/cards/billiards/Wii Bowling

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Tuesday

Bingo/cards/billiards/Wii Bowling

10:15 am Pilates with Christine

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Wednesday

Bingo/Cards/billiards/Wii Bowling

10:00 am Tai Chi with Kim

10:00 am Mahjong

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Thursday

Bingo/cards/billiards/Wii Bowling

10:00 am Art class with Dianne

11:15 am Chair Yoga with Lucy

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Friday

Bingo/cards/billiards/Wii Bowling

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

To know about delays or cancellations in the event of inclement weather, please call 845-808-1700 or look out for Senior Blast notifications.

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, May 13th @ 3:00 pm – Book Club w/ Sally Jo
Tuesdays @ 2:00 pm – Trivia w/ Sally Jo
Thursdays @ 3:15 pm – Sassy Seniors Group
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting
(Using the MicroSoft TEAMS App):

Thursday, May 21st @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

May Special Events…

May 1 - **Story Circle** @11:00
w/ Jamar Brown, Care Coordinator, Philipstown Hub

May 4 - **Understanding Social Security** @ 11:00
w/ Dennis Sklarnik, AARP

May 5 - **Parkinson's Presentation** @ 11:00 w/ Nurse Mary

May 6 - **Brain Fitness** w/ Mike @ 10:00

May 7 - **Mother's Day Celebration** @ 12:00

May 8 - **Men's Discussion Group** @ 11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub

May 11 - **BINGO with The Plaza** @ 12:45 w/ Maddie Majette

May 13 - **Staff Training Day – ALL SITES CLOSED**
NO Delivery of Home Delivered Meals

May 14 - **Haldane School Budget Presentation** @ 11:00
w/ Dr. Gail Duffy, Superintendent of Schools

May 15 - **Men's Discussion Group** @ 11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub

May 19 - **Caregivers Support Group** @ 11:45

May 20 - **Brain Fitness** w/ Mike @ 10:00

May 20 - **May is Stroke Month** @ 11:00
w/ Sarena Chisick, Med, BSN, RN from Nuvance Health

May 21 - **Blood Pressures with Nurse Mary** @ 10:00

May 22 - **Men's Discussion Group** @ 11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub

May 25 - **Memorial Day Holiday – ALL SITES CLOSED**
NO delivery of Home Delivered Meals

May 27 - **PAAH Offerings** @11:30 w/ Susan Freeman

May 29 - **Men's Discussion Group** @ 11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub

Shopping…

- May 20 - Walmart shopping
- May 6 & 27 - ShopRite shopping