

# Office for Senior Resources

## Friendship Center in Philipstown

July 2026 ~ (845) 808-1705

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



### July 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

\*\*\*\*\*

#### Wednesday

Bingo/Cards/billiards/Wii Bowling  
10:00 am Tai Chi with Kim  
10:00 am Mahjong

\*\*\*\*\*

#### Thursday

Bingo/cards/billiards/Wii Bowling  
10:00 am Art class with Dianne  
11:15 am Chair Yoga with Lucy

\*\*\*\*\*

#### 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**

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, July 15<sup>th</sup> @ 3:00pm – 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, July 23<sup>rd</sup> @ 2:00 pm  
To register, please contact Lynne Cabiati  
(845) 808-1700 ext. 47113

### July Special Events...

- July 1 - **Senior Tech Connect @ 10:15**  
w/ Youth Bureau
- July 3 - **Independence Day (Observed) – ALL SITES CLOSED**  
**NO** Delivery of Home Delivered Meals
- July 8 - **Heat Health Presentation @ 11:00**  
w/ Mary Massoud, OSR Nurse
- July 9 - **Alzheimer’s Association – 10:30-2:00**  
Open hours w/ Stacey Rosenbluth, LCSW
- July 10 - **Women’s Discussion Group @ 11:15**  
w/ Vivian Lange, Volunteer, Philipstown Hub
- July 13 - **Blood Pressure Check @ 10:30**  
w/ Mary Massoud, OSR Nurse
- July 17 - **Women’s Discussion Group @11:15**  
w/ Vivian Lange, Volunteer, Philipstown Hub
- July 21 - **Caregivers Support Group @ 11:45**
- July 22 - **Brain Fitness w/ Mike @ 10:00**
- July 23 - **Blood Pressure Evaluations @ 11:00**  
w/ Mary Massoud, OSR Nurse
- July 24 - **Women’s Discussion Group @11:15**  
w/Vivian Lange, Volunteer, Philipstown Hub
- July 31 - **Women’s Discussion Group @11:15**  
w/ Vivian Lange, Volunteer, Philipstown Hub

#### UPCOMING EVENT

Falls Prevention Week – September 21<sup>st</sup> – 25th

### Shopping...

- July 8 & 22 – Walmart shopping
- July 1, 15 & 29 – 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.