



Office for Senior Resources Friendship Center in Philipstown

August 2026 ~ (845) 808-1705

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

August 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

Upcoming Event:

Falls Prevention Week – Sept. 21st-25th

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, August 19th @ 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, August 13th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

August Special Events...

August 3 - **Presentation: Medical Education & Research Institute (MERI) Program @ 11:00**

w/ Daniel Baldessarre

August 5 - **Brain Fitness w/ Mike @ 10:00**

August 6 - **Summer Party @ 12:00**

August 10 - **Mobile Crisis Outreach Team Presentation @ 12:00**
w/ Tammy Kirkman

August 7 - **Women's Discussion Group @ 11:15**

w/ Vivian Lange, Volunteer, Philipstown Hub

August 7 - **Men's Discussion Group @ 11:15**

w/Jamar Brown, Care Coordinator, Philipstown Hub

August 12 - **BP Screening w/ OSR Nurse Mary @ 10:15**

August 12 - **Presentation: Understanding CBC and BMP @ 11:00**
w/ Mary Massound, RN – OSR Nurse

August 14 - **Women's Discussion Group @ 11:15**

w/ Vivian Lange, Volunteer, Philipstown Hub

August 14 - **Men's Discussion Group @ 11:15**

w/Jamar Brown, Care Coordinator, Philipstown Hub

August 19 – **Computer/Cell Phone/Tablet Walk-In Hours**
w/ Pascale Berner from 12:30 to 2:00

August 21 - **Men's Discussion Group @ 11:15**

w/Jamar Brown, Care Coordinator, Philipstown Hub

August 25 - **Caregivers Support Group @ 11:45**

August 28 - **Men's Discussion Group @ 11:15**

w/Jamar Brown, Care Coordinator, Philipstown Hub

Shopping...

- August 5 & 19 - Walmart shopping
- August 12 & 26 - 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.