



Office for Senior Resources
Friendship Center in Philipstown
September 2026 ~ (845) 808-1705
Open: Mondays-Fridays 9:00 am – 2:00pm

September 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 Events:

Flu Clinic – October 7th

Harvest Jamboree Party – October 27th

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, Sept. 23rd @ 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, Sept. 17th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

September Special Events...

- Sept. 2 - **BP Screening** w/OSR Nurse Mary Massoud @10:00
Sept. 4 - **Story Circle** @ 11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub
Sept. 7 - **Labor Day** – All Sites Closed
NO DELIVERY OF HOME DELIVERED MEALS
Sept. 8 - **Medicaid/Medicare Scams Presentation** @11:00
w/Debra Merced
Sept. 11 - **Story Circle** @ 11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub
Sept. 14 - **Computer/Cell Phone/Tablet Walk-in Hours**
w/ Pascale Berner from 12:30 to 2:00
Sept. 15 - **Caregivers Support Group** @ 11:45
Sept. 18 - **Story Circle** @11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub
Sept 21-Sept 25 - **Falls Prevention Week**
Agenda of events available at the site
Sept. 22 - **Caregivers Support Group** @ 11:45
Sept. 25 - **Story Circle** @ 11:15
w/Jamar Brown, Care Coordinator, Philipstown Hub
Sept. 30 - **Food Preservation Presentation** @ 11:00
w/Jo Quiocho, SNAP Educator, Cornell Coop. Ext.

Shopping...

- September 2, 16 & 30 - Walmart shopping
- September 9 & 23 - 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.