



# Office for Senior Resources Friendship Center in Philipstown

January 2025 ~ (845) 808-1705

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

## January Activities:

<b>Monday</b>	Bingo/cards/billiards
	Wii Bowling
11:00 am	Fall Prevention
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<b>Tuesday</b>	Cards/billiards
	Wii Bowling
10:15 am	Pilates with Christine
*****	
<b>Wednesday</b>	Cards/billiards
	Wii Bowling
10:00 am	Tai Chi with Kim
10:00 am	Mahjong
*****	
<b>Thursday</b>	Cards/billiards
	Wii Bowling
10:00 am	Art class with Dianne
11:15 am	Chair Yoga with Lucy
*****	
<b>Friday</b>	Bingo/cards/billiards
	Wii Bowling
11:00 am	Line Dancing – Betty

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 Jan 29th @ 3:15 pm – Book Club w/ Michele
- Tuesdays @ 2:00 pm – Trivia w/ Sally Jo
- Thursdays @ 3:15 pm – Sassy Seniors Group w/ Michele
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

## January Special Events...

- Jan 1 – **New Year's Day** – All sites CLOSED  
No delivery of Home Delivered Meals.
- Jan 8 - **Brain Fitness** w/Mike @10:00
- Jan 20 - **Martin Luther King, Jr. Day** –  
All sites CLOSED - No delivery of Home  
Delivered Meals
- Jan 22 **Brain Fitness** w/Mike @10:00

\*\* Jan 7, Jan 14, Jan 21 & Jan 28

**A Life in Review Group @ 11am to 12pm**  
w/ Anna Skarstad, an intern from  
The Philipstown Behavioral Health Hub

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

## Shopping...

- January 8, 15, 22 & 29 – Walmart 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.