

January



Office for Senior Resources Friendship Center in Philipstown

January 2026 ~ (845) 808-1705

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

January Activities:

Monday

Bingo/cards/billiards/Wii Bowling

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

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. 21st @ 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, January 22ND @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

January Special Events...

Jan 1 - **New Year's Day** – All Sites CLOSED

No delivery of Home Delivered Meals

Jan 13 - **Presentation: SCAMS** @ 11:00

Presented by District Attorney Robert Tendy

Jan 14 - **Brain Fitness** w/ Mike @10:00

Jan 19 - **Martin Luther King Day** – All Sites Closed

No delivery of Home Delivered Meals

Jan 20 - **Caregivers Support Group** @11:45

Jan 21 - **Nutrition Education Presentation** @11:00

w/ Josephine Quinocho

Jan 28 - **Brain Fitness** w/ Mike @10:00

Jan 28 - **AFC Urgent Care - Nutrition Presentation** @11:00

w/ Nicole & Kellie

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

Shopping...

- January 7 & 21 - Walmart shopping
- January 14 & 28 - 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.