



Office for Senior Resources Philipstown Friendship Center

October 2024 ~ (845) 808-1705

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

October Activities:

Monday	Bingo/cards/billiards Wii Bowling 11:00 am Fall Prevention

Tuesday	Cards/billiards Wii Bowling 10:15 am Pilates

Wednesday	Cards/billiard Wii Bowling 10:00 am Tai Chi 10:00 am Mahjong

Thursday	Cards/billiards Wii Bowling 10:00 am Art class w/ Dianne 11:15 am Chair Yoga w/ Lucy

Friday	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, October 30th @ 3:00pm – BOOK CLUB

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

October Special Events

- Oct 14 – **Columbus Day** – All sites CLOSED.
No delivery of Home Delivered Meals.
- Oct 16 – **Brain Fitness** w/ Mike @ 10:00
- Oct 16 – **Alzheimer’s Association** 10:00-2:00
Care Consultant, Eileen Hendriksen, LMSW
- Oct 22 – **Presentation:** Healthy Cooking on a Budget
Presenters: Elizabeth Margiotta, MS, CDN
and Josephine Quiocho, Cornell Coop. Ext.
- Oct 23 – **Harvest Jamboree** @ PC Golf Club
Site CLOSED. Home Delivered Meals will be
Delivered.
- Oct 30 – **Brain Fitness** w/ Mike @ 10:00

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

Shopping...

- October 2, 9, 16, 23, 30 – 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.