



# Office for Senior Resources

## Friendship Center in Philipstown

### October 2025 ~ (845) 808-1705

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

## October Activities:

### Monday

Bingo/cards/billiards/Wii Bowling

11:00 am Fall Prevention w/Naomi

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### Tuesday

Bingo/cards/billiards/Wii Bowling

10:15 am Pilates with Christine

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### Wednesday

Bingo/Cards/billiards/Wii Bowling

10:00 am Tai Chi with Kim

10:00 am Mahjong

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### Thursday

Bingo/cards/billiards/Wii Bowling

10:00 am Art class with Dianne

11:15 am Chair Yoga with Lucy

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### Friday

Bingo/cards/billiards/Wii Bowling

**UPCOMING EVENT: October 8 @ 10:30**

**Public Hearing on Annual Update**

**William Koehler Senior Center, 180 Rt. 6, Mahopac**

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 Oct. 22th @ 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, October 9<sup>th</sup> @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

## October Special Events...

Oct 1 - **Brain Fitness** w/ Mike @10:00

Oct 7 - **Nutrition Education Presentation** @11:00  
w/ Jo Quiocho

Oct 13 - **Columbus Day** – All sites CLOSED!

No Delivery of Home Delivered Meals!

Oct 15 - **“When to Get Screened” Presentation** @11:00

w/ Sarena Chisick, MEd, BSN, RN Health

Education Coordinator @ Nuvance Health

Oct 15 - **Alzheimer’s Association** - @10:00-2:00

Open hours w/ Eileen Hendriksen, LMSW

Oct 16 - **Discover Live Tour** – Assisi, Italy @10:00

Oct 20 - **“Warning Signs of Alzheimer’s” Presentation**  
@11:00 w/ Joan Carl

Oct 21 - **Caregivers Support Group** @11:45

Oct 28 - **Harvest Jamboree** @ PC Golf Club

SITE CLOSED. Home Delivered Meals will be  
delivered.

Oct 29 - **Brain Fitness** w/ Mike @10:00

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

## Shopping...

- October 8 & 22 - Walmart shopping
- October 1, 15 & 29 - 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.