



Office for Senior Resources Friendship Center in Philipstown

November 2024 ~ (845) 808-1705

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

November Activities:

Monday	Bingo/cards/billiards Wii Bowling 11:00 am Fall Prevention *****
Tuesday	Cards/billiards Wii Bowling 10:15 am Pilates *****
Wednesday	Cards/billiards Wii Bowling 10:00 am Tai Chi 10:00 am Mahjong *****
Thursday	Cards/billiards Wii Bowling 10:00 am Art class with Dianne 11:15 am Chair Yoga – 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:

- Thursday, November 21st @ 3:30 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

November Special Events...

- Nov 11 - **Veterans Day** – All sites CLOSED
No delivery of Home Delivered Meals
- Nov 20 - **OSR Training Day** – All sites CLOSED
No delivery of Home Delivered Meals
- Nov 21 - **Brain Fitness** w/Mike @10:00
- Nov 28 - **Thanksgiving Day** – All sites CLOSED
No delivery of Home Delivered Meals
- Nov 29 - **Day After Thanksgiving** – All sites CLOSED
No delivery of Home Delivered Meals

Upcoming Event:

Dec. 10 - Holiday Luncheon @ Putnam County Golf Course / See Site Manager for details.

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

Shopping...

- November 6, 13 – Walmart shopping
- November 26 – FoodTown 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.