



Office for Senior Resources
Friendship Center in Philipstown
November 2025 ~ (845) 808-1705

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

November Activities:

Monday

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

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

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

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 Nov. 19th @ 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):

Tuesday, November 18th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

November Special Events...

- Nov 7 - Nutrition Education Presentation @ 11:00
“Soup for the Soul” w/ Jo Quiocho
- Nov 10 - Story Circle @ 10:00
Jamar Brown - Philipstown Behavioral Health Hub
- Nov 11 - Veterans Day – All sites CLOSED
No delivery of Home Delivered Meals
- Nov 12 - Brain Fitness w/ Mike @ 10:00
- Nov 17 - Men’s Focus Group @ 10:00
Jamar Brown - Philipstown Behavioral Health Hub
- Nov 19 - Alzheimer’s Association Open Hours 10:00-2:00
w/ Eileen Hendriksen, LMSW
- Nov 24 - Discover Live Tour – Plymouth, England @ 11:00
- Nov 26 - Brain Fitness w/ Mike @ 10:00
- Nov 27 - Thanksgiving Day – All sites CLOSED
No delivery of Home Delivered Meals
- Nov 28 - Day After Thanksgiving – All sites CLOSED
No delivery of Home Delivered Meals

UPCOMING EVENT:

Dec. 9 – Holiday Party @ Putnam County Golf Course
Please see Site Manager for details.

Shopping...

- November 5 & 19 - Walmart shopping
- November 12 & 26 - 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.