



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

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

## December 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

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 Dec. 17th @ 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, December 18<sup>th</sup> @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

## December Special Events...

Dec 2 - **Presentation: SCAMS @ 11:00**

Presenter: District Attorney Robert Tendy

Dec 3 - **Staff Training Day** – All sites CLOSED

No delivery of Home Delivered Meals

Dec 9 - **Holiday Party @ Putnam County Golf Course**

SITE CLOSED. Home Delivered Meals **will be**  
delivered

Dec 10 - **Brain Fitness w/ Mike @10:00**

Dec 16 - **Caregivers Support Group @11:45**

Dec 23 - **Haldane H.S. Chorus @11:30**

Dec 24 - **Brain Fitness w/ Mike @10:00**

Dec 25 - **Christmas Day** – All sites CLOSED

No delivery of Home Delivered Meals

Dec 26 - **Day After Christmas** – All sites CLOSED

No delivery of Home Delivered Meals

#### UPCOMING HOLIDAY:

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

No delivery of Home Delivered Meals

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

## Shopping...

- December 1 & 17 - Walmart shopping
- December 10 - ShopRite shopping
- December 24 & 31 - 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.