



# Office for Senior Resources Friendship Center in Philipstown

February 2025 ~ (845) 808-1705

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

## February Activities:

<b>Monday</b>	Bingo/cards/billiards Wii Bowling 11:00 am Fall Prevention
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<b>Tuesday</b>	Bingo/cards/billiards Wii Bowling 10:15 am Pilates with Christine
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<b>Wednesday</b>	Bingo/cards/billiards Wii Bowling 10:00 am Tai Chi with Kim 10:00 am Mahjong
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<b>Thursday</b>	Bingo/cards/billiards Wii Bowling 10:00 am Art class with Dianne 11:15 am Chair Yoga with Lucy
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<b>Friday</b>	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 Feb 19th @ 3:00 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

## February Special Events...

- Feb 5 - Brain Fitness w/Mike @10:00
- Feb 14 - Valentine's Day Celebration w/ entertainment
- Feb 17 - President's Day – All sites CLOSED  
No delivery of Home Delivered Meals
- Feb 19 - Keep Our Heart Healthy Presentation @ 11:15  
Sarena Chisick MED, BSN, RN from Putnam Hosp.
- Feb 26 - Brain Fitness w/Mike @10:00
- Feb 26 - A Heart Healthy Diet Presentation @ 11:30  
w/ Nutritionist Elizabeth Margiotta, MS, CDN

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

### Shopping...

- February 5, 12, 19 & 26 – Walmart or Shop Rite 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.**