



# Office for Senior Resources

## Friendship Center in Philipstown

### February 2026 ~ (845) 808-1705

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

## February Activities:

### Monday

Bingo/cards/billiards/Wii Bowling

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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

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 Feb. 18<sup>th</sup> @ 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, February 19<sup>th</sup> @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

## February Special Events...

Feb 6 - **Story Circle** @11:15 w/ Jamar Brown

Philipstown Behavioral Health Hub

Feb 11 - **Brain Fitness** w/ Mike @10:00

Feb 11 - **Love Your Heart Presentation** @11:00

w/ Sarena Chisick, Med, BSN, RN

Health Education Coordinator @Nuvance Health

Feb 12 - **Valentine's Day Celebration** - Musical Entertainment

Feb 13 - **Story Circle** @11:15 w/ Jamar Brown -

Philipstown Behavioral Health Hub

Feb 16 - **President's Day** – All Sites CLOSED

No delivery of Home Delivered Meals

Feb 17 - **Caregivers Support Group** @11:45

Feb 20 - **Men's Discussion Group** @11:15 w/Jamar Brown

Philipstown Behavioral Health Hub

Feb 25 - **Brain Fitness** w/ Mike @10:00

Feb 27 - **Men's Discussion Group** @11:15 w/Jamar Brown

Philipstown Behavioral Health Hub

#### \*\* UPCOMING EVENT

March 10 - **St. Patrick's Day Luncheon** at Putnam County Golf Course – See Site Manager

## Shopping...

- February 4 & 18 - Walmart shopping
- February 11 & 25 - 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.