

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

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 Feb. 18th @ 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 19th @ 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
- February 11 & 25
- Walmart shopping
- 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.