



# Office for Senior Resources Friendship Center in Philipstown

March 2025 ~ (845) 808-1705

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

## March Activities:

<b>Monday</b>	Bingo/cards/billiards Wii Bowling 11:00 am Fall Prevention
*****	
<b>Tuesday</b>	Bingo/cards/billiards Wii Bowling 10:15 am Pilates with Christine
*****	
<b>Wednesday</b>	Bingo/Cards/billiards Wii Bowling 10:00 am Tai Chi with Kim 10:00 am Mahjong
*****	
<b>Thursday</b>	Bingo/cards/billiards Wii Bowling 10:00 am Art class with Dianne 11:15 am Chair Yoga with Lucy
*****	
<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 March 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

**On-line Caregivers Support Group Meeting**

**(Using the MicroSoft TEAMS App):**

Tuesday, March 18<sup>th</sup> @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

## *March Special Events...*

- March 4 - **Osteoporosis Presentation @ 11:00**  
w/ Sarena Chisick, MEd, BSN, RN, Health Education Coordinator @ Nuvance Health
- March 11 - **St. Patrick's Day Luncheon @ PC Golf Course**  
Site CLOSED. Home Delivered Meals will be delivered.
- March 12 - **Brain Fitness w/Mike @10:00**
- March 17 - **Discover Live Tour – Dublin Ireland @12:30**
- March 19 - **Scams Presentation @ 10:30** Presented by PC Deputy Claire Pierson
- March 19 - **Alzheimer's Association 11:00 – 2:00**  
w/ Eileen Hendriksen, LMSW
- March 20 - **Caregivers Support Group @ 11:45 am**
- March 26 - **Brain Fitness w/Mike @10:00**

**Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information, call Vanessa at**

**(845)808-1700 ext. 47104**

### *Shopping...*

- March 5 & 19 - Walmart shopping
- March 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.**