



Office for Senior Resources Friendship Center in Philipstown

April 2025 ~ (845) 808-1705

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

April Activities:

Monday	Bingo/cards/billiards Wii Bowling 11:00 am Fall Prevention

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 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 April 16th @ 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):

Thursday, April 17th @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

April Special Events...

April 1 - **Mini State of the County Presentation @10:30**
by County Executive Kevin Byrne

April 15 - **Senior Tech-Connect @10:30**

April 15 - **Caregivers Support Group @11:45**

April 16 - **Brain Fitness w/Mike @10:00**

April 16 - **Alzheimer's Association 11:00 – 2:00**
w/ Eileen Hendriksen, LMSW

April 18 - **Cooking Demo & Presentation @11:00 w/**
Nutritionist Elizabeth Margiotta, MS, CDN &
CCE Nutrition Educator Josephine Quiocho

April 21 - **Discover Live Tour – Lisbon, (Alfama**
District) Portugal @1:30

April 29 - **Getting Ready for Tick Season – How to Prevent**
getting Lyme Disease Presentation @11:00
w/ Sarena Chisick, MEd, BSN, RN, Health
Education Coordinator @ Nuvance Heath

April 30 - **Brain Fitness w/Mike @10:00**

Upcoming Event:

May 1 Carfit 12:00 - 3:00 See Site Manager for details.

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

Shopping...

- April 2, 16 & 30 – Walmart shopping
- April 9 & 23 – 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.