



Office for Senior Resources Friendship Center in Philipstown

April 2026 ~ (845) 808-1705

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

April 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 April 22nd @ 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):

Tuesday, April 21st @ 2:00 pm

To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

April Special Events...

- April 2 - **BP Screening @ 12:30**
w/ Mary Massoud, OSR Registered Nurse
- April 6 - **Nutrition Education Presentation @ 11:00**
w/Josephine Quinocho, Cornell Coop. Ext.
- April 10 - **Story Circle @11:15**
w/ Jamar Brown, Philipstown Hub
- April 13 - **Parkinson's Foundation Presentation @ 11:00**
w/ Nancy Neelson
- April 14 - **Caregivers Support Group @ 11:45**
- April 15 - **Brain Fitness w/ Mike @ 10:00**
- April 17 - **Story Circle @ 11:15**
w/Jamar Brown, Philipstown Hub
- April 22 - **Understanding Alzheimer's & Dementia@10:45**
w/ Joan Carl
- April 23 - **Fraud Alert System Presentation @ 11:00**
w/ Putnam County Clerk Michael Bartolotti
- April 24 - **Story Circle @ 11:15**
w/Jamar Brown, Philipstown Hub
- April 27 - **The Fraud Network @ 11:00**
w/ Dennis Sklenarik, AARP

Shopping...

- April 1, 15 & 29 - Walmart shopping
- April 8 & 22 - 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.