



# Office for Senior Resources Friendship Center in Philipstown

July 2025 ~ (845) 808-1705

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

## July Activities:

### Monday

Bingo/cards/billiards/Wii Bowling

11:00 am Fall Prevention w/Naomi

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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

11:00 am Meals on Main Food Truck

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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

11:00 am Line Dancing with 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 July 30th @ 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, July 30th @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

## July Special Events...

July 2 - **Brain Fitness** w/Mike at 10:00

July 4 - **Independence Day** – All Sites Closed

No Delivery of Home Delivered Meals

July 8 - **Alzheimer's Association Presentation** @11:00

w/ Eileen Hendriksen, LMSW

Topic: Healthy Living for the Brain and Body

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

July 16 - **Alzheimer's Association Open Hours** 10:00-2:00

w/ Eileen Hendriksen, LMSW

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

July 17 - **Discover Live Tour** – Ikaria, Greece @10:00

July 22 - **NY Presbyterian Hudson Valley Hospital**

**Presentation** @11:00

TOPIC: Staying Heart Healthy Throughout the Year

**Rides to doctor appointments are available**

**through our Demand Response Medical**

**Transportation Program. For information,**

**call Vanessa at (845)808-1700 ext. 47104**

## Shopping...

- July 2, 16 & 30 – Walmart shopping
- July 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.