



Office for Senior Resources
Friendship Center in Philipstown
September 2025 ~ (845) 808-1705

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

September Activities:

Monday

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

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

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 Sept. 24th @ 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, September 18th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

September Special Events...

- Sept 1 - **Labor Day** – All Sites Closed
No Delivery of Home Delivered Meals
- Sept 3 - **Brian Fitness** w/ Mike @10:00
- Sept 9 - **Discover Live Tour** – Norwich, England @11:00
- Sept 16 - **Caregivers Support Group** @11:45
- Sept 17 - **Brian Fitness** w/ Mike @10:00
- Sept 19 - **Alzheimer’s Association Mini Walk** @10:00
w/ Eileen Hendriksen, LMSW
- Sept 24 - **Fall Prevention Event** @10:00 – 12:00
- Sept 30 - **Fall Prevention Presentation** @11:00
w/ Sarena Chisick, Med, BSN, RN Health
Education Coordinator @ Nuvance Health

UPCOMING EVENTS: Harvest Jamboree – Oct. 28th
@ Putnam County Golf Course – see Site Manager

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

Shopping...

- September 10 & 24 - Walmart shopping
- September 3 & 17 - 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.