



**Office for Senior Resources
Philipstown Friendship Center**

August 2024 ~ (845) 808-1705

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

August Activities:

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

Tuesday Cards/billiards
 Wii Bowling
 10:15 am Pilates

Wednesday Cards/billiard
 Wii Bowling
 10:00 am Tai Chi
 10:00 am Mahjong

Thursday Cards/billiards
 Wii Bowling
 10:00 am Art class w/ Dianne
 11:15 am Chair Yoga w/ 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, August 28th @ 3:00pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
Thursdays @ 3:00 pm – Sassy Seniors Group w/ Michele
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

August Special Events

- Aug 6 - “Advanced Care Planning”
Presentation/Survey @ 11:00
- Aug 13 – **FLIP FLOP FIESTA – 12:30 to 2:00**
- Aug 14 – Brain Fitness w/ Mike @ 10:00
- Aug 21 – **Alzheimer’s Association 10:00-2:00**
Care Consultant, Eileen Hendriksen, LMSW

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

Shopping...

- August 7, 14, 21, 28 – Walmart 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.