



Office for Senior Resources
Philipstown Friendship Center
 September 2024 ~ (845) 808-1705

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

September 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, September 25th @ 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

September Special Events

Sept 2 – **LABOR DAY** – All sites CLOSED.

No delivery of Home Delivered Meals.

Sept 18 – **Alzheimer’s Association** 10:00-2:00

Care Consultant, Eileen Hendriksen, LMSW

Sept 25 – Brain Fitness w/ Mike @ 10:00

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

Shopping...

- September 4, 11, 18, 25 – 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.