



Office for Senior Resources Friendship Center in Philipstown

May 2025 ~ (845) 808-1705

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

May Activities:

Monday

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

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
11:00 am Meals on Main Food Truck

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
11:00 am Line Dancing – Betty

UPCOMING EVENT:

June 11 – Annual Senior Picnic

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 May 21st @ 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, May 15th @ 2:00 pm

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

May Special Events...

May 1 - **CarFit** @12:00 w/Sheriffs Dept. (parking lot)

May 7 - **Franciscan Friars/Greymoor Presentation** @ 11:00
w/Jillian Lubarsky & Father Jim Gardiner

May 9 - **Mother's Day Celebration**

May 12 **Photography Through a Different Lens** @ 10:00
Presented by Bob Mayer

May 13 - **Caregivers Support Group** @ 11:45

May 14 - **Brain Fitness** w/Mike @ 10:00

May 15 - **Discover Live Tour** - Venice, Italy @ 10:00

May 20 - **NYS Long Term Care Ombudsman Program
Presentation (LTCOP)** @ 11:00 – 12:00
w/Judy Farrell, MPA

May 21 - **Alzheimer's Association** Open Hours 10:00 – 2:00
w/ Eileen Hendriksen, LMSW

May 22 - **Stroke Awareness Presentation** @ 11:00
w/ Sarena Chisick, MEd, BSN, RN, Health
Education Coordinator @ Nuvance Health

May 26 - **Memorial Day** – All Sites Closed
No Delivery of Home Delivered Meals

May 28 - **Brain Fitness** w/Mike @ 10:00

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

Shopping...

- May 14 & 28 - Walmart shopping
- May 7 & 21 - 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.