



Office for Senior Resources
Friendship Center in Philipstown

March 2024 ~ (845) 808-1705

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



MARCH 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 with Dianne
11:15 am	Chair Yoga with 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
Wednesdays @ 11:00 am – Zumba w/ Kelly House
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena
Fridays @ 10:00 am – Exercise w/ Sue Roos

Call-in Activities:

1st Wednesday of Month @ 3:00 pm – Book Club w/ Michele
Tuesdays @ 2:00 pm – Trivia w/ Sally Jo
Thursdays @ 3:00 pm – Sassy Seniors Group w/ Michele
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

March Special Events...

- March 5 – Presentation @ 11:00 RE: Best Practices When Hiring a Contractor with Joe Baldanza, Code Enforcement Officer Putnam County Consumer Affairs
- March 6 – Brain Fitness @ 10:00 am
- March 12 – St. Patrick’s Luncheon at Putnam County Golf Course – Site Closed/Home Delivered Meals will be delivered
- March 20 – Brain Fitness @ 10:00 am
- March 20 – Alzheimer’s Assoc. 10:00 – 2:00 Care Consultant Eileen Hendriksen, LMSW

Medical Transportation is available for Putnam County Seniors. Call Frank at (845)-808-1700 ext. 47104 for a ride.

Shopping...

- March 6, 13, 27 – Walmart shopping
- March 20 – Shoprite shopping

In the event of inclement weather to know about delays or cancellations, please call 845-808-1700/press 0 or look out for Senior Blast notifications.