



Office for Senior Resources Friendship Center in Philipstown

June 2024 ~ (845) 808-1705

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

June 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

June Special Events...

- June 5 – Staff Training Day - All sites are closed. There will be **no deliveries** of Home Delivered Meals.
- June 12 – Annual Picnic @ Veterans Memorial Park – All sites are closed. Home Delivered Meals **will be** delivered.
- June 18 – Reducing Sodium in Your Diet @ 10:30 Presentation by Dietitian Elizabeth Margiotta, MS, CDN
- June 19 – Brain Fitness @ 10:00
- June 19 – Alzheimer’s Assoc. Presentation @ 11:15 TOPIC: 10 Warning Signs
- June 26 – Brain Fitness @ 10:00 am

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

Shopping...

- – Walmart shopping
- – 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.