



FRIENDSHIP CENTER IN PHILIPSTOWN

SEPTEMBER 2023 ~ (845) 808-1705

SEPTEMBER Activities:

Monday Bingo/cards/billiards
 Wii Bowling
 10:00 am Pilates w/ Christine
 11:00 am Fall Prevention

Tuesday Cards/billiards
 Wii Bowling
 10:00 am Chair Zumba w/Theresa
 10:45 am Zumba Gold w/Theresa

Wednesday Cards/billiard
 Wii Bowling
 10:00 am Tai Chi
 10:00 am Mahjong
 11:00 am Pilates w/Christine

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

September Special Events...

- September 4 – Labor Day Holiday / all sites closed-no delivery of home delivered meals
- September 13 – Brain Fitness @ 10:00 am
- September 27 – Brain Fitness @ 10:00 am

Upcoming Events:

- October 4 - Fall Prevention Event @ Center
- November 2 - Health Fair @ Koehler Senior Center
- Medical Transportation is available for Putnam County Seniors. Call Frank Simonfay at 845-808-1700 ext. 47104 to schedule a ride.

Shopping...

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

In the event of inclement weather to know about delays or cancellations, please listen to WHUD 100.7 radio or go to www.putnamcountyny.com/osr or call 845-808-1700/press 0.