



Office for Senior Resources Philipstown Friendship Center

July 2024 ~ (845) 808-1705

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

July 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
- Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena
- Fridays @ 10:00 am – Exercise w/ Sue Roos

Call-in Activities:

- Wednesday, July 24th @ 3:00pm – Book Club w/ Michele
As the Page Turns
- 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

July Special Events

- July 4 – **Independence Day** – (ALL sites closed. NO delivery of home delivered meals.)
- July 10 – Brain Fitness w/ Mike @ 10:00
- July 17 – **Alzheimer’s Assoc. Presentation**
TOPIC: 10 Warning Signs
w/ Annette Lopane @ 11:15
- July 17 – Alzheimer’s Association 10:00-2:00
Care Consultant, Eileen Hendriksen, LMSW
- July 24 – Brain Fitness w/ Mike @ 10:00
- July 24 – **“Tips on Shopping at the Farmers’ Market”** w/ Elizabeth Margiotta, MS, CDN

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

Shopping...

- July 3, 10, 17, 24, 31 – 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.