



Office for Senior Resources Friendship Center in Philipstown

June 2026 ~ (845) 808-1705

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

June Activities:

Monday

Bingo/cards/billiards/Wii Bowling
10:15 am Dance 4 Fit with Christine

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

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

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

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, June 17th @ 3:00 pm – Book Club w/ Sally Jo
Tuesdays @ 2:00 pm – Trivia w/ Sally Jo
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting

(Using the MicroSoft TEAMS App):

Thursday, June 18th @ 2:00 pm
To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

June Special Events...

- June 2 - **Healing Herbs Presentation @ 10:00**
w/ Mary Massoud, OSR Nurse
- June 2 - **Blood Pressure Screening @11:00**
w/ Mary Massoud, OSR Nurse
- June 5 - **NYS Citizen Preparedness Corps Presentation@10:45**
w/ CPT Kyle Kilner
- June 5 - **Women’s Discussion Group @11:15**
w/ Vivian Lange, Volunteer, Philipstown Hub
- June 10 - **Annual Senior Picnic** at Veterans Memorial Park
ALL SITES CLOSED – Home Delivered Meals **will be** Delivered.
- June 12 - **Women’s Discussion Group @11:15**
w/ Vivian Lange, Volunteer, Philipstown Hub
- June 16 - **Caregivers Support Group @ 11:45**
- June 17 - **Brain Fitness w/ Mike @ 10:00**
- June 19 - **Juneteenth Holiday – ALL SITES CLOSED**
NO Delivery of Home Delivered Meals
- June 25 - **Blood Pressure Screenings @ 10:00**
w/ Mary Massoud, OSR Nurse
- June 26 - **Story Circle @ 11:15**
w/Jamar Brown, Care Coordinator, Philipstown Hub

Shopping...

- June 3 & 24 - Walmart shopping
- June 17 - 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.