



Office for Senior Resources Friendship Center in Philipstown

December 2024 ~ (845) 808-1705

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

December Activities:

Monday Bingo/cards/billiards
 Wii Bowling
 11:00 am Fall Prevention

Tuesday Cards/billiards
 Wii Bowling
 10:15 am Pilates with Christine

Wednesday Cards/billiards
 Wii Bowling
 10:00 am Tai Chi with Kim
 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

Call-in Activities:

Wednesday, Dec. 18th @ 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

December Special Events...

- Dec 10 - **Holiday Luncheon @ PC Golf Course** – Site CLOSED. Home Delivered Meals will be delivered.
- Dec 11 - **Brain Fitness w/Mike @ 10:00**
- Dec 18 - **Holiday Dessert Cooking Demo @ 11:00**
w/ Nutritionist Elizabeth Margiotta, MS, CDN and Nutrition Educator Josephine Quiocho from Cornell Cooperative Extension
- Dec 18 - **Alzheimer’s Association** 10:00am-2:00pm
Care Consultant Eileen Hendriksen, LMSW
- Dec 19 - **Haldane H.S. Chorus @ 11:30 to 12**
- Dec 25 - **CHRISTMAS** – All sites CLOSED.
No delivery of Home Delivered Meals.
- Dec 26 - **Day after Christmas** – All sites CLOSED.
No delivery of Home Delivered Meals.

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

Shopping...

- December 4, 11, 18 – 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.