



# Office for Senior Resources Friendship Center in Philipstown

March 2026 ~ (845) 808-1705

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

## March Activities:

### Monday

Bingo/cards/billiards/Wii Bowling

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### Tuesday

Bingo/cards/billiards/Wii Bowling  
10:15 am Pilates with Christine

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### Wednesday

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

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### Thursday

Bingo/cards/billiards/Wii Bowling  
10:00 am Art class with Dianne  
11:15 am Chair Yoga with Lucy

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### Friday

Bingo/cards/billiards/Wii Bowling

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 March 18<sup>th</sup> @ 3:00 pm – Book Club w/ Sally Jo  
Tuesdays @ 2:00 pm – Trivia w/ Sally Jo  
Thursdays @ 3:15 pm – Sassy Seniors Group  
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

#### On-line Caregivers Support Group Meeting

(Using the MicroSoft TEAMS App):

Thursday, March 19<sup>th</sup> @ 2:00 pm

To register, please contact Lynne Cabiati  
(845) 808-1700 ext. 47113

## March Special Events...

March 2 - **Let's Talk Health Presentation @ 11:00**  
Putnam County Dept. of Health

March 6 - **Men's Discussion Group @ 11:15**  
w/Jamar Brown, Philipstown Behavioral Health Hub

March 10 - **St. Patrick's Day Party @ Putnam County**  
Golf Course - **SITE CLOSED** - Home Delivered  
Meals **will be** delivered

March 12 - **Alzheimer's Association - 10:30-2:00**  
Open hours w/Stacey Rosenbluth, LCSW

March 13 - **Men's Discussion Group @ 11:15**  
w/Jamar Brown, Philipstown Behavioral Health Hub

March 17 - **Caregivers Support Group @ 11:45**

March 18 - **Brain Fitness w/ Mike @ 10:00**

March 25 - **Baseball Opening Day Party @ 11:00**

March 27 - **Reading Buddies - Connecting Students**  
(Manitou School) with Seniors @10:00

Rides to doctor appointments are available through our Demand Response Medical Transportation Program.

For information, call Vanessa at  
(845)808-1700 ext. 47104

## Shopping...

- March 4 & 18 - Walmart shopping
- March 11 & 25 - 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.