



Office for Senior Resources Friendship Center in Philipstown

June 2025 ~ (845) 808-1705

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

June Activities:

Monday

Bingo/cards/billiards/Wii Bowling

11:00 am Fall Prevention w/Naomi

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

11:00 am Meals on Main Food Truck

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

11:00 am Line Dancing with 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 June 25th @ 3:00 pm – Book Club w/ Michele

Tuesdays @ 2:00 pm – Trivia w/ Sally Jo

Thursdays @ 3:15 pm – Sassy Seniors Group w/ Michele

Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting

(Using the MicroSoft TEAMS App):

Tuesday, June 18th @ 2:00 pm

To register, please contact Lynne Cabiati

(845) 808-1700 ext. 47113

June Special Events...

June 4 - **Staff Training Day** – All Sites Closed

No Delivery of Home Delivered Meals

June 6 - **Nutrition Education Presentation @11:30**

w/ Elizabeth Margiotta, MS, CDN &

CCE Nutrition Educator Josephine Quiocho

June 11 - **Annual Senior Picnic** at Veterans Memorial Park

All sites closed. Home Delivered Meals **will be**
delivered.

June 13 - **Father's Day Celebration**

June 16 - **Caregivers Support Group @11:45**

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

June 19 - **Juneteenth Holiday** – All Sites Closed

No Delivery of Home Delivered Meals

June 20 - **Red Cross Disaster Preparedness Presentation**

@11:00 w/ Ericka Vacaflares

June 26 - **Discover Live Tour** – Ohrid, North Macedonia

@ 11:00

Rides to doctor appointments are available

through our Demand Response Medical

Transportation Program. For information, call

Vanessa at (845)808-1700 ext. 47104

Shopping...

- June 18

- Walmart shopping

- June 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.