



# Friendship Center in Philipstown

## January 2024 ~ (845) 808-1705

### JANUARY 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  
Wednesdays @ 11:00 am – Zumba w/ Kelly House  
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena  
Fridays @ 10:00 am – Exercise w/ Sue Roos

#### Call-in Activities:

1<sup>st</sup> Wednesday of Month @ 3:00 pm–Book Club w/ Michele  
Tuesdays @ 2:00 pm – Trivia w/ Sally Jo  
Thursdays @ 2:00 pm – Sassy Seniors Group w/ Michele  
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

### January Special Events...

- January 1 – All sites closed for holiday – no delivery of Home Delivered Meals
- January 10 – Brain Fitness @ 10:00 am
- January 15 – All sites closed for holiday – no delivery of Home Delivered Meals
- January 24 – Brain Fitness @ 10:00 am

#### Upcoming Events:

March 12 – St. Patrick’s Party @ Putnam County Golf Course

- Medical Transportation is available for Putnam County Seniors. Call Frank at (845)-808-1700, extension 47104, for a ride.

### Shopping...

- January 3, 10, 24, 31 – Walmart shopping
- January 17 – Shoprite shopping

In the event of inclement weather to know about delays or cancellations, please listen to WHUD 100.7 radio or go to [www.putnamcountyny.com/osr](http://www.putnamcountyny.com/osr) or call 845-808-1700/press 0.