



# FRIENDSHIP CENTER IN PHILIPSTOWN

MAY 2023 ~ (845) 808-1705

## MAY Activities:

Monday	Bingo/cards/billiards Wii Bowling 10:00 am Sewing Group 11:00 am Fall Prevention
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Tuesday	Cards/billiards Wii Bowling 10:00 am Chair Zumba w/Theresa 10:45 am Zumba Gold w/Theresa
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Wednesday	Cards/billiard Wii Bowling 10:00 am Tai Chi 10:00 am Mahjong 11:00 am <b><u>Pilates w/ Christine</u></b> <b><u>suspended until mid-May</u></b>
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Thursday	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 10:15 am Senior Community Conversation 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

- Mondays @ 9:15 am –
- Tuesdays @ 2:00 pm – Trivia w/ Sally Jo
- Thursdays @ 3:00 pm – Comedy Hour w/ Michele
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

## May Special Events...

- **Wednesday's Pilates w/Christine will be suspended until mid-May**
- May 3 – Brain Fitness w/ Mike Lambe @ 10:00
- May 17 – Brain Fitness w/ Mike Lambe @ 10:00
- May 29 – Memorial Day Holiday  
All sites closed/no delivery of home delivered meals

### Upcoming Events:

- June 14 – Annual Senior Picnic at Veterans Memorial Park
- Medical Transportation is available for Putnam County Seniors. Call Frank Simonfay at 845-808-1700 ext. 47104 to schedule a ride.

## Shopping...

- May 3, 10, 24 – Walmart shopping
- May 17, 31 – 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.