



# FRIENDSHIP CENTER IN PHILIPSTOWN

MARCH 2023 ~ (845) 808-1705

## MARCH 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 Pilates w/ Christine
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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 – Brain Fitness w/ Mike  
 Tuesdays @ 2:00 pm – Trivia w/ Sally Jo  
 Thursdays @ 3:00 pm – Comedy Hour w/ Michele  
 Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

## March Special Events...

- Mar 1 – Brain Fitness @ 10:00
- Mar 8 – Brain Fitness @ 10:00
- Mar 13 – Luncheon @ Putnam County Golf Course (Site closed - Homebound meals will be delivered)
- Mar 22 – Brain Fitness @ 10:00
- Mar 29 – Brain Fitness @ 10:00

### Upcoming Events:

- Medical Transportation is available for Putnam County Seniors. Call Frank Simonfay at 845-808-1700 ext. 47104 to schedule a ride.

## Shopping...

- March 1, 8, 15, 29 – Walmart shopping
- March 22 – 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.