

Office for Senior Resources

Carmel Friendship Center

November 2026 ~ (845) 808-1700

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

November Activities:

Monday
Bingo/Cards/Billiards

9:30 am	Mahjong
10:00 am	Paper Crafts w/ Verna **Nov 2nd, Nov 16th, & Nov 23rd**
10:00 am	Brain Fitness w/ Mike **Nov 9th & Nov 30th**
10:00 am	Exercise w/ Pauline
11:00 am	Chair Zumba w/ Theresa

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Tuesday
Bingo/Cards/Billiards

10:00 am	Watercolor w/ Pat
10:00 am	Tai Chi w/ Kim
11:00 am	Meals on Main Food Truck
11:00 am	Computer Class (1st Tuesday of every month)
1:00 pm	Pilates w/ Christine

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Wednesday
Bingo/Cards/Billiards

10:00 am	Fall Prevention w/ Lori
10:00 am	Knitting Group
12:30 pm	Exercise w/ Sue

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Thursday
Bingo/Cards/Billiards

10:30 am	Line Dancing w/ Betty
10:00 am	Kent Card Players
10:30 am	Garden Club
12:30 pm	Social Dancing w/ Rich

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Friday
Bingo/Cards/Billiards

10:00 am	Ceramics
10:45 am	Chair Yoga w/ Lucy

Online exercise classes and call-in activities are available. Please contact 845-808-1700 to register.

Online 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, Nov. 18th @ 3:00 pm – Book Club w/ Sally Jo
Tuesdays @ 3:15 pm – Trivia w/ Sally Jo
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting
(Using the Microsoft TEAMS App):
Thursday, November 19th @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

November Special Events

Nov 3rd: **Senior Tech-Connect Workshop** @ 10:30 w/ Youth Bureau

Nov 4th: **Health Access Focus Group** @10:30 w/ PCDOH – prior registration is required/see Site Manager for details

Nov 5th: **Better Sleep Habits Presentation**@10:00 w/ Presenter Mary Massoud OSR RN

Nov 5th: **Caregiver Support Group** @11:45 w/ Lynne Cabiati

Nov 11th: **Veterans Day Holiday**-All Sites Closed. No delivery of Home Delivered Meals.

Nov 16th: **Blood Pressure Screenings** @11:00am w/ Mary Massoud OSR RN

Nov 26th & 27th: **Holiday-Thanksgiving-** All Sites Closed. No home delivered meals.

Upcoming Events:

Dec. 2nd – OSR Professional Development Day – all sites will will be closed and no delivery of meals
Dec. 9th – Holiday Party @ Putnam County Golf Course See Site Manager for details

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.