



Office for Senior Resources Carmel Friendship Center

May 2026 ~ (845) 808-1700

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

May Activities:

Monday

Bingo/Cards/Billiards

- 9:30 am Mahjong
- 10:00 am Exercise w/ Pauline
- 11:00 am Chair Zumba w/ Theresa

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

Wednesday

Bingo/Cards/Billiards

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

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

Friday

Bingo/Cards/Billiards

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

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, May 13 @ 3:00 pm – BOOK CLUB w/Sally Jo
- Tuesdays @ 3:15 pm – Trivia w/Sally Jo
- Thursdays @ 3:15 pm – Sassy Seniors Group
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting (Using the MicroSoft TEAMS App):

- Thursday, May 21 @ 2:00pm
- To register, please contact Lynne Cabiati
- 845-808-1700 ext. 47113

May Special Events

- May 1 – **NYS Citizen Preparedness Crse @ 10:45**
Presenter: Cpt. Kyle Kilner/Air National Guard
- May 4 – **Blood Pressure Screening @ 10:00**
w/ Mary Massoud, OSR RN
- May 6 – **Understanding Social Security @ 11:00**
Presenter: Dennis Sklarnik from AARP
- May 7 – **Caregivers Support Group @ 11:45**
- May 7 – **Mother's Day Celebration @12:00**
- May 8 – **May is Stroke Month @ 11:00**
Presenter: Sarena Chisick/Med, BSN, RN
- May 8 – **Bingo with The Plaza @ 12:45**
- May 11– **Brain Fitness w/Mike @10:00**
- May 13– **OSR Training Day /All Sites closed**
No delivery of home delivered meals
- May 14– **Parkinson's Discussion @11:00**
Presenter: Mary Massoud, OSR RN
- May 15– **Carmel School Budget Presentation**
w/ Supt. Michael Plotkin & Assist. Supt. Ken Silver
- May 18– **Blood Pressure Screening @10:00**
w/Mary Massoud, RN
- May 25– **Memorial Day Holiday/All Sites Closed**
No delivery of home delivered meals

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call 845-808-1700 ext. 47104.

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.