



Office for Senior Resources Carmel Friendship Center

July 2026 ~ (845) 808-1700

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

July Activities:

Monday

Bingo/Cards/Billiards

- 9:30 am Mahjong
- 10:00 am Paper Crafts w/ Verna
- 10:00 am Brain Fitness w/ Mike
July 6th & July 20th
- 10:00 am Exercise w/ Pauline
July 13th & July 27th
- 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, July 15 @ 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, July 23 @ 2:00pm
- To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

July Special Events

- July 2 – **Blood Pressure Screening @ 9:30**
w/ Mary Massoud, OSR Nurse
- July 3 – **July 4th Holiday (Observed) – all sites closed/No delivery of Home Delivered Meals**
- July 9 – **Caregivers Support Group @ 11:45**
- July 15 – **Summer Heat Presentation @ 11:00**
w/ Mary Massoud, OSR Nurse
- July 20 – **Blood Pressure Evaluations @ 9:30**
w/ Mary Massoud, OSR Nurse

NOTE: Brain Fitness scheduled dates have been moved to the left side of this calendar. Please see Monday's schedule.

UPCOMING EVENTS:

Falls Prevention Week – Sept. 21th – 25th

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.