



Office for Senior Resources
Carmel Friendship Center
September 2026 ~ (845) 808-1700
Open: Mondays-Fridays 9:00 am – 2:00 pm

September Activities:

Monday

Bingo/Cards/Billiards

- 9:30 am Mahjong
10:00 am Paper Crafts w/ Verna
Sep 7th & Sep 21st
10:00 am Brain Fitness w/ Mike
Sep 14th & Sep 28th
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

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, Sept. 23 @ 3:00 pm – BOOK CLUB w/Sally Jo
Tuesdays @ 3:15 pm – Trivia w/Sally Jo
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

Online Caregivers Support Group Meeting

(Using the Microsoft TEAMS App):
Thursday, September 17 @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

September Special Events:

- Sep 3rd – Food Preservation @ 11:00am**
w/ Presenter Jo Quiocho, SNAP Educator, Cornell
- Sep 3rd – Cargivers Support Group @ 11:45**
- Sep 7th – Labor Day:** All sites closed. No delivery
of home delivered meals.
- Sep 10th – Reading Blood Pressures @ 9:30am**
w/ Mary Massoud RN
- Sep 21st – Sep 25th – Falls Prevention Week**
Agenda of events available at site.
- Sep 30th – Medicare/ Medicaid Scams @11am**
w/ Presenter Deborah Merced

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

UPCOMING EVENTS:

*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.**