



Office for Senior Resources
Carmel Friendship Center

January 2026 ~ (845) 808-1700

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

January 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 – January 21 @ 3:00 pm – BOOK CLUB
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):
Tuesday, January 22 @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

January Special Events

- Jan 1 – **New Years Day Holiday** Site Closed
No delivery of home delivered meals
- Jan 5 – **Brain Fitness w/Mike @ 10:00am**
- Jan 8 – **Caregiver’s Support Group@11:45am**
- Jan 9 – **Nutrition Education @11:00am**
w/ Jo Quiocho, Presenter
- Jan 14 – **AFC Urgent Care – Nutrition @ 11:00am**
w/Nicole and Kellie, Presenters
- Jan 19 – **Martin Luther King Holiday-Site Closed**
No delivery of home delivered meals
- Jan 26 – **Brain Fitness w/Mike @ 10:00am**

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.