



Office for Senior Resources Carmel Friendship Center

October 2024 ~ (845) 808-1700

Open: Mondays-Fridays 10:00 am – 2:00 pm

October 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 Computer Class - 1st Tuesday of every month

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

- 10:00 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, October 30th @ 3:00 pm – BOOK CLUB

- Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
- Thursdays @ 2:00 pm – Sassy Seniors Group w/ Michele
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

October Special Events

- Oct 9 – Presentation: Healthy Cooking on a Budget – Elizabeth Margiotta, MS, CDN Josephine Quiocho, Cornell Coop Ext
- Oct 10 – Caregivers Support Group @ 11:45am
- Oct 11 – Alzheimer’s Assoc. 10:00am – 2:00pm Care Consultant Eileen Hendriksen, LMSW
- Oct 14 – Columbus Day – All sites CLOSED. NO delivery of Home Delivered Meals
- Oct 21 – Brain Fitness w/ Mike @ 10:00am
- Oct 24 – Harvest Jamboree @ Putnam County Golf Course/Site Closed/Home Delivered Meals will be delivered

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.