



Office for Senior Resources
Carmel Friendship Center
October 2025 ~ (845) 808-1700
Open: Mondays-Fridays 9:00 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 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 – October 22 @ 3:00 pm – BOOK CLUB
Tuesdays @ 3:15 pm – Trivia w/ Sally Jo
Thursdays @ 3:15 pm – Sassy Seniors Group w/ Michele
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting
(Using the MicroSoft TEAMS App):
Thursday, October 9 @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

October Special Events

- Oct 2 – **Nutrition Education @11:00am**
w/ Jo Quiocho, Presenter
- Oct 2 – **Caregivers Support Group @ 11:45**
- Oct 6 – **Brain Fitness w/Mike @10:00am**
- Oct 7 – **When to Get Screened @11:00am**
w/ Serena Chisick, MEd, BSN, RN
Health Ed. Coordinator Nuvance Health
- Oct 13 – **Columbus Day Holiday/All sites CLOSED**
No Delivery of Home Delivered Meals
- Oct 15 – **Warning Signs of Alzheimers@11:00am**
w/Joan Carl, Presenter
- Oct 20 – **Brain Fitness w/Mike @ 10:00am**
- Oct 29 – **Harvest Jamboree 10am-2pm**
Putnam County Golf Course
Site closed – Home Delivered Meals
will be delivered

UPCOMING EVENT:
Oct 8 @ 10:30 – Public Hearing – Annual Update
Koehler Senior Center, 180 Route 6, Mahopac

*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.