



Office for Senior Resources  
**Carmel Friendship Center**  
 November 2024 ~ (845) 808-1700  
 Open: Mondays-Fridays 9:00 am – 2:00 pm

**November Activities:**

**Monday**

Bingo/Cards/Billiards

- 9:30 am Mahjong
- 10:00 am Exercise w/ Pauline
- 11:00 am Chair Zumba w/ Theresa

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**Tuesday**

Bingo/Cards/Billiards

- 10:00 am Watercolor w/ Pat
- 10:00 am Tai Chi w/ Kim
- 11:00 am Computer Class - 1<sup>st</sup> Tuesday of every month

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**Wednesday**

Bingo/Cards/Billiards

- 10:00 am Fall Prevention w/ Lori
- 10:00 am Knitting Group
- 12:30 pm Exercise w/ Sue

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**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

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**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:**

Thursday, November 21<sup>st</sup> @ 3:30 pm – BOOK CLUB

- Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
- Thursdays @ 3:15 pm – Sassy Seniors Group w/ Michele
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

**November Special Events**

- Nov 8 – **Alzheimer’s Assoc.** 10:00am – 2:00pm  
Care Consultant Eileen Hendriksen, LMSW
- Nov 11 – **Veterans Day** – All sites CLOSED  
NO delivery of Home Delivered Meals
- Nov 12 – **Brain Fitness** w/ Mike @ 10:00am
- Nov 20 – **OSR Training Day** – All sites CLOSED  
NO delivery of Home Delivered Meals
- Nov 28 & 29 (2 days) – **Thanksgiving Holiday**  
All sites CLOSED / NO delivery of Home Delivered Meals

**UPCOMING EVENT:**

Dec. 11 – Holiday Party @ Putnam County Golf Course – Contact Site Manager for details

*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.**