



Office for Senior Resources
Carmel Friendship Center
December 2025 ~ (845) 808-1700

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

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 – December 17 @ 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):
Thursday, December 18 @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

December Special Events

Dec 1 – **Brain Fitness w/Mike @ 10:00am**
Dec 3 – **Training Day** - Site Closed/No HDM's
Dec 4 – **Caregivers Support Group @ 11:45**
Dec 4 – **Alzheimer's Association 10:30a-2:00p**
Care Conslt. Stacey Rosenbluth, LMSW
Dec 8 – **Presentation: Asset Protection & Long
Term Planning 11am-12pm**
Presenter: Susan Carroll Esq.
Dec 10 – **Holiday Party @ Putnam Golf Course**
Site Closed / Home Delivered Meals will
be delivered
Dec 11 – **SCAMS Presentation 11am-12pm**
Presenter: District Atty Robert Tendy
Dec 15 – **Brain Fitness w/Mike @ 10:00am**
Dec 25 & 26 (2 days) – **Christmas Holiday**
All sites **CLOSED / NO** delivery of Home
Delivered Meals

UPCOMING HOLIDAY:

Jan 1 - **New Year's Day** – All sites CLOSED
No delivery of Home Delivered Meals

*Rides to doctor appointments are available
through our Demand Response Medical
Transportation Program. For information call
845-808-1700 ext. 47104.*

December 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

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.