



Office for Senior Resources  
**Carmel Friendship Center**

February 2025 ~ (845) 808-1700

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

## February 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
- 1:00 pm Pilates w/ Christine

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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:

Wednesday – Feb. 19 @ 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

## February Special Events

- Feb 6 – **Caregivers Support Group @ 11:45am**
- Feb 7 – **A Heart Healthy Diet Presentation @ 11:00**  
w/Nutritionist Elizabeth Margiotta, MS, CDN
- Feb 10 – **Brain Fitness w/Mike @ 10:00am**
- Feb 12 – **Keep Our Hearts Healthy @ 11:15**  
Presentation-Sarena Chisick MED, BSN, RN  
from Putnam Hospital
- Feb 14 – **Valentine’s Day Celebration**  
w/ Entertainment
- Feb 17 – **Presidents Day Holiday**  
All sites **CLOSED/No** delivery of Home  
Delivered Meals
- Feb 18 – **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.