



Office for Senior Resources Carmel Friendship Center

March 2025 ~ (845) 808-1700

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

March 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
- 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 – March 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

On-line Caregivers Support Group Meeting (Using the MicroSoft TEAMS App):

Tuesday, March 18 @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

March Special Events

- Mar 3 – **Brain Fitness** w/Mike @ 10:00am
- Mar 4 – **Putnam On-Demand Transportation**
Presentation @11:00am
Barbara Barosa, Commissioner of Planning
and Transportation
- Mar 6 – **Caregivers Support Group** @ 11:45am
- Mar 10 – **Osteoporosis** Presentation@11:00am
Sarena Chisick, Med BSN RN
Health Ed Coordinator @ Nuvance Health
- Mar 12 – **St. Patricks Luncheon** @ Putnam
County Golf Course - Site Closed
(Home delivered meals will be delivered)
- Mar 14 – **Alzheimers Association** 10am-2pm
Eileen Hendriksen, LMSW
- Mar 17 – **Brain Fitness** w/Mike @ 10:00am
- Mar 17 – **Virtual tour of Dublin, Ireland**
@12:30pm
- Mar 21 – **Scams** Presentation @ 10:30am
Claire Pierson, Putnam County Deputy

**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.**