



Office for Senior Resources  
**Carmel Friendship Center**

July 2025 ~ (845) 808-1700

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

**July 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 Meals on Main Food Truck
- 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

- 10:30 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 – July 30 @ 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):  
Wednesday, July 30th @ 2:00pm  
To register, please contact Lynne Cabiati  
845-808-1700 ext. 47113

**July Special Events**

July 3 – Caregivers Support Group @ 11:45am

July 4 – Independence Day Holiday  
All sites **CLOSED**/No delivery of Home  
Delivered Meals

July 7 – Brain Fitness w/ Mike @ 10:00am

July 9 – Discover Live Tour @ 10:30am  
Plymouth, England

July 11 – Alzheimer’s Association 10:00-2:00  
Open Hours w/ Eileen Hendriksen, LMSW

July 14 – Alzheimer’s Assoc. Presentation  
w/ Joan Carl @ 11:00am  
TOPIC: Healthy Living for the Brain & Body

July 21 – 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.