



Office for Senior Resources
Carmel Friendship Center

August 2025 ~ (845) 808-1700

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

August 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

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 – August 13 @ 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):
Thursday, Aug 14 @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

August Special Events

- Aug 1 – **Training Day** - All sites **CLOSED**/No Delivery of Home Delivered Meals
- Aug 6 – **Hot, Hot, Hot Fiesta Party Day**
- Aug 7 – **Community Health Engagement @ 11:00**
Presentation Focused on Fall Prevention w/Leora Matt, RN & RN-BSN Student
- Aug 7 – **Caregivers Support Group @ 11:45am**
- Aug 8 – **Alzheimer’s Association 10:00-2:00**
Open Hours w/Eileen Hendricksen, LMSW
- Aug 11 – **WestCOP Weatherization @11:00am**
w/ Dirk Fields, Director of WestCOP
- Aug 21 – **Discover Live Tour @ 10:00am**
Krakow, Poland

UPCOMING EVENT:

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.