



Office for Senior Resources
Carmel Friendship Center

September 2025 ~ (845) 808-1700

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

September 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
(Classes canceled for Sept.)
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 – September 24 @ 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, September 18 @ 2:00pm

To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

September Special Events

Sep 1 – **Labor Day Holiday**/All sites **CLOSED**/No
Delivery of Home Delivered Meals

Sep 4 – **Caregivers Support Group @ 11:45am**

Sep 5 – **Fall Prevention Presentation 11:00am**
w/ Serena Chisick, MEd, BSN, RN Health Ed.
Coordinator Nuvance Health

Sep 8 – **Brain Fitness w/Mike @ 10:00am**

Sep 10 – **History of Greymoor @ 11:00**
w/ Father Jim Gardiner

Sep 11 – **Alzheimer's Assoc. Mini Walk @ 10:30**

Sep 12 – **Alzheimer's Association 10:30a-2:00p**
Open Hours w/Eileen Hendricksen, LMSW

Sep 22 – **Brain Fitness w/Mike @10:00am**

Sep 25 – **Fall Prevention Event 10:00a-12:00p**

UPCOMING EVENT:

Harvest Jamboree @Putnam County Golf
Course, October 29.

*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.