



Office for Senior Resources  
**Carmel Friendship Center**  
September 2024 ~ (845) 808-1700  
Open: Mondays-Fridays 10:00 am – 2:00 pm

### September Activities:

#### Monday

Bingo/Cards/Billiards

10:00 am Exercise w/ Pauline  
11:00 am Chair Zumba w/ Theresa

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#### Tuesday

Bingo/Cards/Billiards

10:00 am Tai Chi w/ Kim  
11:00 am Computer Class - 1<sup>st</sup> Tuesday  
of every month

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#### Wednesday

Bingo/Cards/Billiards

10:00 am Fall Prevention w/ Lori  
11:00 am Knitting Group (Marsha)  
12:30 pm Exercise w/ Sue  
12:30 pm Watercolor w/ Pat  
(Restarts 9/18)

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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, September 25<sup>th</sup> @ 3:00 pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo  
Thursdays @ 2:00 pm – Sassy Seniors Group w/ Michele  
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

### September Special Events

Sept 2 – **Labor Day** – All sites CLOSED.

NO delivery of Home Delivered Meals.

Sept 5 – Caregivers Support Group @11:45am

Sept 9 – Brain Fitness w/ Mike 10:00am

Sept 13 – **Alzheimer's Association** 10:00-2:00

Care Consultant, Eileen Hendriksen, LMSW

Sept 25 – **Flu Shot CLINIC** – 10:30-12:00

Sept 30 – 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.**