



Office for Senior Resources Carmel Friendship Center

May 2025 ~ (845) 808-1700

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

May 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 – May 21 @ 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, May 15 @ 2:00pm

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

May Special Events

May 1 – Caregivers Support Group @ 11:45am

May 5 – Brain Fitness w/ Mike @ 10:00am

May 9 – Alzheimer's Association 11:00-2:00
w/ Eileen Hendriksen, LMSW

May 14 – Stroke Awareness @ 11:00am
w/ Serena Chisick, MEd, BSN, RN
Health Ed Coordinator @ Nuvance Health

May 19 – Brain Fitness w/Mike @ 10:00am

May 21 – Discover Live Tour @ 11:00am
Paris, France – Notre-Dame & Pont Neuf

May 26 – Memorial Day Holiday
All sites **CLOSED**/No delivery of HOME
Delivered Meals

UPCOMING EVENT:

June 11 – Annual Senior Picnic
@ Veterans Memorial Park

*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.