



Office for Senior Resources
Carmel Friendship Center

May 2024 ~ (845) 808-1700

Open: Mondays-Fridays 10:00 am – 2:00 pm

MAY Activities:

Monday

Bingo/Cards/Billiards

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 Arts & Crafts
11:00 am Computer Class -*1st Tuesday
of every month

Wednesday

Bingo/Cards/Billiards

10:00 am Fall Prevention w/ Lori
11:00 am Knitting Group (Marsha)

Thursday

Bingo/Cards/Billiards

10:00 am Line Dancing w/ Betty
10:00 am Kent Card Players
10:30 am Garden Club
11:00 am Singalong w/ Maryann -*Last
Thursday of every month
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
Wednesdays @ 11:00 am – Zumba w/ Kelly House
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena
Fridays @ 10:00 am – Exercise w/ Sue Roos

Call-in Activities:

1st Wednesday of Month @ 3:00 pm – Book Club w/ Michele

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

MAY Special Events:

- May 2 – Caregivers Support Group @ 11:45
- May 6 – Brain Fitness w/ Mike @ 10:00
- May 10 – Alzheimer’s Association 10 – 2
Care Consultant Eileen Hendriksen LMSW
- May 15 – Stroke Education / Presentation by
Sarena Chisick MEd BSN RN
- May 20 – Brain Fitness w/ Mike @ 10:00
- May 27– Holiday/Memorial Day -All sites
closed (no delivery of home delivered meals)

UPCOMING EVENTS:

June 12 – OSR Annual Senior Picnic at
Veteran’s Memorial Park

**Transportation to doctor appointments is
available through our Demand Response
Program. Please call Frank Simonfay at
845-808-1700 ext. 47104 to schedule a ride.**

**In the event of inclement weather to know about delays or cancellations, please call
845-808-1700/press 0 or look out for Senior Blast notifications.**