



Office for Senior Resources
Carmel Friendship Center

January 2017 ~ (845) 808-1700

January Activities:

- Monday Bingo/cards
 9:45 am Zumba Gold
 10:35 am Chair Zumba

- Tuesday Bingo/cards
 10:00-11:00 Tai Chi
 10:30 am Round Table
 11:00 am Fitness w/ George

- Wednesday Bingo/cards
 10:00 am Fall Prevention
 10:00 am Backgammon
 11:00 am Fitness w/ George

- Thursday Bingo/cards
 10:00 am Betty Boot
 10:00 am Knit Wits
 10:00 am Backgammon
 11:00-12:00 Exercise w/Joyce
 Brewster/Carmel Grocery Shopping

- Friday Bingo/cards
 9:30 am Wii Bowling
 10:30 am Ceramics
 11:00 am Fitness w/George
 **Kent/Lk Carmel & Patt/Put Lake
 Grocery Shopping**

January Special Events:

First Thursday of every month – Computer Registration
9:30-11:00 am @ Putnam Valley & Mahopac

- Jan 2 – Site Closed for Holiday
- Jan 16 – Site Closed - Martin Luther King Day
- We urgently need to recruit more drivers to meet our senior medical transportation needs. Please give a few hours taking a neighbor or veteran to a doctor appointment. Call 845-808-1734 to volunteer..

Tuesday Shopping

- Jan 3 – Kohl’s Brewster 1st run
- Jan 10 – Kohl’s Brewster 2nd run
- Jan 17 – Kohl’s Carmel 1st run
- Jan 24 – Kohl’s Carmel 2nd run

Bad Weather.....

Winter in New York! How scenic but sometimes it can be very dangerous. In the event that bad weather conditions makes driving hazardous, it may be necessary to cancel home-delivered meals and close the senior nutrition sites.

All home-delivered meal clients should have already received shelf-stable meals for the days when delivery is not possible. Cancellations will be broadcasted on radio station WHUD 100.7 FM. You may also look on-line on WHUD’s storm center on your computer. If we are unable to get these announcements on the radio due to power outages, you may be able to reach us at 845-808-1700.

To prepare for this weather, you can do several things. Keep food and water on hand for these days. Have flashlights with new batteries ready. Keep bottled water on hand as well as a battery operated radio. Make sure your cell phone is charged. If you find yourself in an emergency, dial 911 for the police.

Dear Friends:

Best wishes for a Happy New Year! The winter always presents us with many issues here in the Northeast. It is important that we all keep that in mind and keep our cupboards stocked with plenty of shelf stable food so that if the weather keeps us at home, we have plenty to eat. Also, I hope that if you need assistance with paying for heating fuel that you have signed up for HEAP. Remember that we here at the Office for Senior Resources are here to help you wherever we can and please don’t hesitate to speak to a staff member if you need assistance!

Having said that, it has been a pleasure to serve as your Director this past year and I look forward with renewed energy to serving you all during the 2017 Year.

From all of us at OSR, we wish you the happiest of new years!

Patricia P. Sheehy