



Office for Senior Resources
Carmel Friendship Center
JANUARY 2024 ~ (845) 808-1700

JANUARY 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
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

January Special Events:

- Jan 1 – New Years Day Holiday – All sites closed. There will be **no** delivery of home delivered meals.
- Jan 2 – Brain Fitness w/ Mike @ 10 am
- Jan 4 – Caregiver Support Group@11:45 am
- Jan 15 – Martin Luther King Day – All sites closed. There will be **no** delivery of home delivered meals.
- Jan 29 – Brain Fitness w/ Mike @ 10am

UPCOMING EVENTS:

March 13 - St. Patrick's Party
 @ Putnam County Golf Course

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 listen to WHUD 100.7 radio or go to www.putnamcountyny.com/osr or call 845-808-1700/press 0.