



Office for Senior Resources Carmel Friendship Center

May 2023 ~ (845) 808-1700

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 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
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 @ 3:00 pm – Comedy Hour w/ Michele
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

May Special Events:

- May 6 – Caregiver’s Support Group @ 11:30am
- May 8 – Brain Fitness w/Mike @ 10:00am
- May 11 – Watercolor w/ Pat @ 10:00am
- May 18 – Watercolor w/ Pat @ 10:00am
- May 22 – Brain Fitness w/Mike @ 10:00am
- May 25 – Watercolor w/ Pat @ 10:00am
- May 29 – Memorial Day Holiday / All sites closed and no delivery of home delivered meals.

UPCOMING EVENTS:

June 14 – Annual Senior Picnic
at Veterans Memorial Park

- *Rides to doctor appointments are 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.