



Office for Senior Resources  
Carmel Friendship Center  
March 2023 ~ (845) 808-1700

**March Activities:**

**Monday**

Bingo/Cards/Billiards

10:00 am Brain Fitness w/ Mike  
10:00 am Exercise w/ Pauline  
11:00 am Chair Zumba w/ Theresa

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**Tuesday**

Bingo/Cards/Billiards

10:00 am Tai Chi w/ Kim  
10:00 am Ceramics w/ Peg

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**Wednesday**

Bingo/Cards/Billiards

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

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**Thursday**

Bingo/Cards/Billiards

10:00 am Line Dancing w/ Betty  
12:30 pm Social Dancing w/ Rich

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**Friday**

Bingo/Cards/Billiards

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:**

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

Mondays @ 9:15 am – Brain Fitness w/ Mike  
Tuesdays @ 2:00 pm – Trivia w/ Sally Jo  
Thursdays @ 3:00 pm – Comedy Hour w/ Michele  
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

**March Special Events:**

- Mar 2 – Caregiver’s Support Group @ 11:45
- Mar 6 – Brain Fitness w/ Mike @ 10:00
- Mar 15 – St. Patrick’s Party @ Putnam Golf Course – Site closed (homebound meals will be delivered)
- Mar 20 – Brain Fitness w/ Mike @ 10:00
- Mar 27 – Brain Fitness w/ Mike @ 10:00
- *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](http://www.putnamcountyny.com/osr) or call 845-808-1700/press 0.