



Office for Senior Resources  
**Carmel Friendship Center**  
 February 2019 ~ (845) 808-1700

**February Activities:**

**Monday**

Bingo/card  
 10:30-11:15 Chair Zumba  
 11:15 am Fitness w/George

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**Tuesday**

Bingo/cards  
 10:00-11:00 Tai Chi  
 10:30 am Round Table  
 11:00 am Exercise w/ Joyce

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**Wednesday**

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

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**Thursday**

Bingo/cards  
 10:00 am Betty Boot  
 11:00 am Fitness w/George

**Brewster/Carmel Grocery Shopping**  
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**Friday**

Bingo/cards  
 10:30 am Ceramics  
 11:00 am Fitness w/George

**Kent/Lk Carmel &  
 Patt/Put Lake Grocery Shopping**

***February Special Events:***

First Thursday of every month:  
 Computer Registration 9:30-11:00 a.m.  
 @ Putnam Valley & Mahopac sites

- Feb 4 – Blood Pressure @ 10:15
- Feb 18 – Site Closed – Presidents Day
- Feb 21 – PHC Healthy Heart @ 11:15
- Feb 26 – Brain Fitness @ 10:15
- Feb 26 – Diabetic Group @ 11:00

**Upcoming Events:**

St. Patrick's Day Luncheon  
 March 18, 19, 20

- *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. Please call 845-808-1734.*

In the event of inclement weather to know about delays or cancellations, please listen to WHUD 100.7 radio or go to [www.putnamcountyny.gov/osr](http://www.putnamcountyny.gov/osr) or call 845-808-1700.