



Office for Senior Resources  
**Carmel Friendship Center**

August 2024 ~ (845) 808-1700

Open: Mondays-Fridays 10:00 am – 2:00 pm

**August Activities:**

**Monday**

Bingo/Cards/Billiards

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  
11:00 am Computer Class - 1<sup>st</sup> Tuesday  
of every month

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**Wednesday**

Bingo/Cards/Billiards

10:00 am Fall Prevention w/ Lori  
11:00 am Knitting Group (Marsha)  
12:30pm Exercise w/ Sue

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**Thursday**

Bingo/Cards/Billiards

10:00 am Line Dancing w/ Betty  
10:00 am Kent Card Players  
10:30 am Garden Club  
12:30 pm Social Dancing w/ Rich

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**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  
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

**Call-in Activities:**

Wednesday, August 28th @ 3:00 pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo  
Thursdays @ 2:00 pm – Sassy Seniors Group w/ Michele  
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

**August Special Events**

- Aug 5 – Brain Fitness w/ Mike @ 10:00
- Aug 5 – “Advanced Care Planning”  
**Presentation/Survey @11:00**
- Aug 8 – Caregiver’s Support Group @ 11:45
- Aug 9 – **Alzheimer’s Association** 10:00-2:00  
Care Consultant, Eileen Hendriksen, LMSW
- Aug 13 – **FLIP FLOP FIESTA** – 12:30 – 2:00pm
- Aug 19 – Brain Fitness w/ Mike @ 10:00

*Rides to doctor appointments are available  
through our Demand Response Medical  
Transportation Program. For information call  
Frank Simonfay at 845-808-1700 ext. 47104.*

**To know about delays or cancellations in the event of inclement weather,  
please call 845-808-1700/press 0 or look out for Senior Blast notifications.**