



# Office for Senior Resources Carmel Friendship Center

June 2024 ~ (845) 808-1700

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

## June 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 Watercolor w/ Pat  
10:00 am Tai Chi w/ Kim  
11:00 am Arts & Crafts  
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)

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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  
11:00 am Singalong w/ Maryann -\*Last  
Thursday of every month  
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  
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

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

## June Special Events:

- June 3 – Brain Fitness w/ Mike @ 10:00
- June 5 – OSR Training Day - All sites closed (no delivery of home delivered meals)
- June 6 – Caregiver’s Support Group @11:45
- June 10 – *Reducing Sodium in Your Diet* @10:30 w/Elizabeth Margiotta, MS, CDN
- June 12 – OSR Senior Picnic at Veterans Memorial Park – All sites closed (home delivered meals will be delivered)
- June 14 – Alzheimer’s Assoc. Presentation TOPIC: 10 Warning Signs @ 11:15
- June 14 – Alzheimer’s Association 10:00-2:00 Care Consultant Eileen Hendriksen, LMSW
- June 17 – Brain Fitness w/ Mike @ 10:00

## UPCOMING EVENTS:

**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 call 845-808-1700/press 0 or look out for Senior Blast notifications.**