



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

September 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 Watercolor w/ Pat
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
10:00 am Kent Card Players
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 – Sassy Seniors Group w/ Michele
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

September Special Events:

- Sept 4 – Labor Day Holiday/All sites closed/
No delivery of home-delivered meals
- Sept 5 – Brain Fitness w/Mike @ 10:00am
- Sept 7 – Caregiver’s Support Group @ 11:45
- Sept 18 – Brain Fitness w/Mike @ 10:00am
- Sept 26 – Fall Prevention Event 10:00-12:00

UPCOMING EVENTS:

HEALTH FAIR AT KOEHLER SENIOR CENTER– NOVEMBER 2

- *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 listen to WHUD 100.7 radio or go to www.putnamcountynv.com/osr or call 845-808-1700/press 0.