



# Office for Senior Resources Carmel Friendship Center

July 2024 ~ (845) 808-1700

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

## July 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 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  
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  
Fridays @ 10:00 am – Exercise w/ Sue Roos

#### Call-in Activities:

Wednesday, July 24<sup>th</sup> @ 3:00 pm – (Book Club) *As the Page Turns*

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

## July Special Events

- July 1 – Brain Fitness w/ Mike @ 10:00
- July 2 – Caregiver’s Support Group @ 11:45
- July 3 – “**Tips on Shopping at the Farmers’ Market**” w/ Elizabeth Margiotta, MS, CDN
- July 4 – **Independence Day** – (ALL sites closed. NO delivery of home delivered meals.)
- July 12 – Alzheimer’s Association 10:00-2:00  
Care Consultant, Eileen Hendriksen, LMSW
- July 15 – Brain Fitness w/ Mike @ 10:00
- July 16 – **Alzheimer’s Assoc. Presentation**  
TOPIC: 10 Warning Signs  
w/Annette Lopane @ 11:15

*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.