



Office for Senior Resources Carmel Friendship Center

June 2026 ~ (845) 808-1700

Open: Mondays-Fridays 9:00 am – 2:00 pm

June Activities:

Monday

Bingo/Cards/Billiards

- 9:30 am Mahjong
- 10:00 am Paper Crafts w/ Verna
(1st Monday of every month)
- 10:00 am Exercise w/ Pauline
- 11:00 am Chair Zumba w/ Theresa

**NOTE: No Chair Zumba on
6/8, 6/15, 6/22**

Tuesday

Bingo/Cards/Billiards

- 10:00 am Watercolor w/ Pat
- 10:00 am Tai Chi w/ Kim
- 11:00 am Meals on Main Food Truck
- 11:00 am Computer Class
(1st Tuesday of every month)
- 1:00 pm Pilates w/ Christine

Wednesday

Bingo/Cards/Billiards

- 10:00 am Fall Prevention w/ Lori
- 10:00 am Knitting Group
- 12:30 pm Exercise w/ Sue

Thursday

Bingo/Cards/Billiards

- 10:30 am Line Dancing w/ Betty
- 10:00 am Kent Card Players
- 10:30 am Garden Club
- 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
- Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:

- Wednesday, June 17 @ 3:00 pm – BOOK CLUB w/Sally Jo
- Tuesdays @ 3:15 pm – Trivia w/Sally Jo
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting (Using the MicroSoft TEAMS App):

- Thursday, June 18 @ 2:00pm
- To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

June Special Events

- June 1 – **Blood Pressure Screening @ 10:30**
w/ Mary Massoud, OSR Nurse
- June 3 – **Healing Herbs Presentation @ 11:00**
Presenter: Mary Massoud, OSR Nurse
- June 4 – **Caregivers Support Group @ 11:45**
- June 8 – **Brain Fitness w/ Mike @ 10:00**
- June 10– **Annual Picnic – 10:00 to 2:00**
Veterans Memorial Park/Sites Closed
Home Delivered Meals **will be delivered**
- June 17– **Blood Pressure Screening @ 11:00**
w/ Mary Massoud, OSR Nurse
- June 18– **Father’s Day Celebration @12:00**
- June 19– **Juneteenth Holiday – All Sites Closed**
No delivery of Home Delivered Meals
- June 22– **Brain Fitness w/Mike @ 10:00**
- June 29– **Farmer’s Market Presentation @ 11:00**
Presenter: Josephine Quiocho, SNAP Ed Nutrition
Coordinator from Cornell Cooperative Extension

UPCOMING EVENTS:

Falls Prevention Week – Sept. 21th – 25th

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call 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.