



Office for Senior Resources  
**Carmel Friendship Center**  
December 2024 ~ (845) 808-1700  
Open: Mondays-Fridays 9:00 am – 2:00 pm

**December Activities:**

**Monday**

Bingo/Cards/Billiards

- 9:30 am Mahjong
- 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
- 10:00 am Knitting Group
- 12:30 pm 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 – Dec. 18 @ 3:00 pm – BOOK CLUB

- Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
- Thursdays @ 3:15 pm – Sassy Seniors Group w/ Michele
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

**December Special Events**

- Dec 2 – **Brain Fitness w/ Mike @ 10:00**
- Dec 5 – **Caregiver’s Support Group @ 11:45**
- Dec 6 – **Holiday Dessert Cooking Demo @ 11:00**  
Nutritionist Elizabeth Margiotta, MS, CDN  
CCE Nutrition Educator Josephine Quiocho
- Dec 11 – **Holiday Party at PC Golf Course**  
Site closed/Home Delivered Meals  
**will be delivered**
- Dec 13 – **Alzheimer’s Assoc. 10:00am – 2:00pm**  
Care Consultant Eileen Hendriksen, LMSW
- Dec 23 – **Brain Fitness w/ Mike @ 10:00**
- Dec 25/26 (2 days) – **Christmas Holiday – All sites CLOSED / NO delivery of Home Delivered Meals**

*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.**