



Office for Senior Resources Carmel Friendship Center

March 2026 ~ (845) 808-1700
Open: Mondays-Fridays 9:00 am – 2:00 pm

March Activities:

Monday

Bingo/Cards/Billiards

- 9:30 am Mahjong
- 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 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 – March 18 @ 3:00 pm – BOOK CLUB
- Tuesdays @ 3:15 pm – Trivia w/ Sally Jo
- Thursdays @ 3:15 pm – Sassy Seniors Group
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting

(Using the MicroSoft TEAMS App):
Thursday, March 19 @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

March Special Events

- Mar 5 – Caregivers Support Group @ 11:45am
- Mar 9 – Brain Fitness w/ Mike @ 10:00am
- Mar 11 – St. Patrick's Luncheon @ Putnam County Golf Course - Site Closed (Home delivered meals will be delivered)
- Mar 13 – Let's Talk Health Presentation @11:00
Presenter: Putnam Co. Dept. of Health
- Mar 23 – Brain Fitness w/ Mike @ 10:00am
- Mar 25 – Baseball Opening Day Party @11:00am

UPCOMING EVENT:

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.