



Office for Senior Resources  
**Carmel Friendship Center**

June 2025 ~ (845) 808-1700

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

**June 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      Meals on Main Food Truck  
11:00 am      Computer Class - 1<sup>st</sup> Tuesday  
                    of every month  
1:00 pm      Pilates w/ Christine

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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

10:30 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 – June 25 @ 3:00 pm – BOOK CLUB  
Tuesdays @ 3:15 pm    – Trivia w/ Sally Jo  
Thursdays @ 3:15 pm    – Sassy Seniors Group w/ Michele  
Fridays @ 2:00 pm        – Coffee & Convo w/ Miriam

**On-line Caregivers Support Group Meeting**

(Using the MicroSoft TEAMS App):

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

**June Special Events**

- June 4 – **OSR Training Day** – All sites closed.  
No delivery of Home Delivered Meals.
- June 5 – **NYS Long Term Care Ombudsman  
Program Presentation @ 11:00am**  
w/ Judy Farrell, MPA
- June 5 – **Caregivers Support Group @ 11:45am**
- June 9 – **Brain Fitness w/ Mike @ 10:00am**
- June 9 – **Cooking Demo & Nutrition Education  
Presentation @ 11:00am**  
w/ Elizabeth Margiotta, MS, CDN &  
CCE Josephine Quiocho, Nutrition Educator
- June 11 – **Annual Senior Picnic @ Veterans  
Memorial Park – All sites closed.**  
Home Delivered Meals **will be**  
delivered.
- June 13 – **Osteoporosis Presentation @ 11:00**  
w/ Serena Chisick, MEd, BSN, RN  
Health Ed Coordinator @ Nuvance Health
- June 13 – **Alzheimer’s Association 11:00-2:00**  
w/ Eileen Hendriksen, LMSW
- June 18 – **Red Cross Disaster Preparedness  
Presentation @ 11:00 w/ Ericka Vacaflor**
- June 19 – **Juneteenth Holiday – All sites closed.**  
No delivery of Home Delivered Meals
- June 23 – **Brain Fitness w/Mike @ 10:00am**
- June 26 – **Discover Live Tour @ 11:00am**  
Ohrid, North Macedonia

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.