

**Learn new hobbies and skills**  
**Daily social and physical activity**  
**Lots more!**

(and yes, there's bingo)

Check out the  
**Dutchess County Office for the Aging**  
**South Amenia Friendship Center**

**229 South Amenia Rd., Wassaic**  
(South Amenia Presbyterian Church Hall)

**Open Monday - Thursday, 10 am - 2 pm**  
**Volunteering opportunities also available**

**845 - 373 - 4305**  
**ofa@dutchessny.gov**



# South Amenia Friendship Center - June 2023

(open 10a-2p Mon-Thu)

Dutchess County Office for the Aging  
 114 Delafield St  
 Poughkeepsie NY 12601  
 845-486-2555 • dutchessny.gov/aging



Monday	Tuesday	Wednesday	Thursday	Friday
<b>South Amenia Friendship Center</b> <b>229 South Amenia Rd., Wassaic - 845-373-4305</b>				
5	6	7	8	9
Morning Coffee Chat Bingo Bridge	Morning Coffee Chat Bingo Exercise Chair Yoga	Morning Coffee Chat Bingo Pokeno	Morning Coffee Chat Exercise Skip Bo	Home Delivered Meals Only
12	13	14	15	16
Morning Coffee Chat Bingo Bridge Health Talk with Nimesh: "Eating for Activity"	Morning Coffee Chat Bingo Exercise Chair Yoga	Morning Coffee Chat Bingo <i>Father's Day Celebration</i>	Morning Coffee Chat Exercise Skip Bo	Home Delivered Meals Only
19	20	21	22	23
Morning Coffee Chat Bingo Bridge	Morning Coffee Chat Bingo Exercise Chair Yoga Cards for Seniors	Morning Coffee Chat Bingo <i>Welcome Summer Celebration</i>	Morning Coffee Chat Exercise Bingo	Home Delivered Meals Only
26	27	28	29	30
Morning Coffee Chat Bingo Bridge What's Cooking	Morning Coffee Chat Bingo Exercise Chair Yoga	Morning Coffee Chat Bingo Pokeno <i>Indoor Picnic</i>	Morning Coffee Chat Exercise Bingo	Home Delivered Meals Only