

Millerton Friendship Center - May 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
1	2	3	4	5
Exercise (10:30) Team Games	Yoga (9:20) Crafts	Bingo	Exercise (10:30) Games	<i>Home Delivered Meals Only</i>
8	9	10	11	12
Exercise (10:30)	Yoga (9:20) Crafts	Grab Bag Bingo May Birthdays	Exercise Games Mother's Day Celebration	<i>Home Delivered Meals Only</i>
15	16	17	18	19
Exercise (10:30)	Yoga (9:20) Crafts Singalong - Patriotic Songs	Bingo	Exercise Nutrition Talk "Food for Healthy Eyes"	<i>Home Delivered Meals Only</i>
22	23	24	25	26
Exercise (10:30)	Yoga (9:20) Brain Games Music with Andrew	Grab Bag Bingo (10:00) History of Millerton, with Irondale Schoolhouse	Exercise (10:30) Memorial Day Observance	<i>Home Delivered Meals Only</i>
29 - Memorial Day	30	31	Millerton DCOFA Friendship Center (at Millerton-NorthEast Library Annex) 28 Century Blvd., Millerton • 518-789-3081	
OFA Offices and Friendship Centers Closed	Yoga (9:20)	Bingo		