

Red Hook Friendship Center - May 2023

(open 10a-2p Mon-Fri)

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
Music Games	Games Music Arts and Crafts	Yoga with Gerta Games Music	Exercise Games <i>Cinco de Mayo Party</i>	Movie Day and Popcorn Games
8	9	10	11	12
Music Games	Games Music <i>National Butterscotch Brownie Day</i>	Yoga with Gerta Sewing Room Games	Grocery Shopping Games Exercise <i>Mother's Day Celebration</i>	Ice Cream Games Music
15	16	17	18	19
Music Games	Arts and Crafts Games Music	Yoga with Gerta <i>Bagel Day!</i>	Bingo Grocery Shopping Exercise	Movie Day and Popcorn Games
22	23	24	25	26
Music Games	Arts and Crafts Games Music	Yoga with Gerta Sewing Room Games	Grocery Shopping Games Exercise	Ice Cream Games Music
29 - Memorial Day	30	31	Red Hook DCOFA Friendship Center 59 Fisk St. (Red Hook Community Center) 845 - 475 - 1129	
OFA Offices and Friendship Centers Closed	Arts and Crafts Games Music	Yoga with Gerta <i>May Birthdays</i>		

OFA Senior Picnic for Milan / Red Hook / Rhinebeck
 (including Tivoli / Rhinecliff / Barrytown / Lafayetteville / Rock City / Upper Red Hook etcetera)

Wednesday, June 14th at the Dutchess County Fairgrounds