



Office for Senior Resources  
**Mahopac Koehler Senior Center**

May 2024 ~ (845) 808-1738

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

### May Activities:

#### Monday

	Bingo/cards/billiards
10:00 am	Tai Chi w/ Dave Levy
10:00 am	Ceramics
11:00 am	Sr. Corps Wellness
	Ambassadors -Dance Team
12:30 pm	Bingo
12:30 pm	Rummikub (Exercise Rm)

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#### Tuesday

	Bingo/cards/billiards
9:45 am	Exercise w/ Sue
10:00 am	Watercolor Group
12:30 pm	Chair Yoga w/ Anne
12:30 pm	Bingo

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#### Wednesday

	Bingo/cards/billiards
10:00 am	Exercise w/ Pauline
10:45 am	Arts & Crafts
11:00 am	Exercise w/ Pauline
12:30 pm	Rummikub (craft room)
12:30 pm	Mahjong (Exercise Rm)
12:30 pm	Bingo

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#### Thursday

	Bingo/cards/billiards
10:15 am	Zumba Gold w/ Theresa
11:00 am	Chair Zumba w/ Theresa
12:30 pm	Bingo

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#### Friday

	Bingo/cards/billiards
10:00 am	Piano Sing-Along w/ MaryAnn
10:00 am	Knitting Group
10:30 am	Cell phone/tablet Computer walk-in
11:00 am	Line Dancing w/ Rich
12:30 pm	Bingo

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
Wednesdays @ 11:00 am	– Zumba w/ Kelly House
Thursdays @ 10:00 am	– Tai Chi w/ Kim Cercena
Fridays @ 10:00 am	– Exercise w/ Sue Roos

#### Call-in Activities:

1<sup>st</sup> Wednesday of Month @ 3:00 pm – Book Club w/Michele

Tuesdays @ 2:00 pm	– Trivia w/ Sally Jo
Thursdays @ 3:00 pm	– Sassy Seniors Group w/ Michele
Fridays @ 2:00 pm	– Coffee & Convo w/ Miriam

### May Special Events....

- May 2<sup>nd</sup> – Alzheimer’s Assoc. 10:00 – 2:00  
Care Consultant Eileen Hendriksen, LMSW
- May 9<sup>th</sup> – Brain Fitness @ 10:00
- May 15<sup>th</sup> – Stroke Education / Presentation by  
Sarena Chisick MEd BSN RN
- May 23<sup>rd</sup> – Brain Fitness @ 10:00
- May 23<sup>rd</sup> – Caregivers Support Group @ 11:45
- May 27<sup>th</sup> – All sites closed for Memorial Day (no  
deliveries of Home Delivered Meals)

#### Upcoming Events:

June 12 – OSR Annual Senior Picnic at Veteran’s  
Memorial Park

*Rides to doctor appointments available  
through our Demand Response Program.  
For information call: Frank Simonfay at  
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.**