



Office for Senior Resources Mahopac Koehler Senior Center

MAY 2026 ~ (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	Garden Club
11:00 am	Putnam SeniorCorps
	Song & Dance Team
12:30 pm	BINGO
12:30 pm	Cardmaking w/Cheryl (May 18)
12:30 pm	Rummikub (Exercise Rm)

Tuesday

	Bingo/cards/billiards
10:00 am	Exercise w/ Sue
10:00 am	Watercolor Group
11:00 am	Book Club (May 26)
12:30 pm	BINGO
12:45 pm	Chair Yoga w/ Anne

Wednesday

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

Thursday

	Bingo/cards/billiards
10:00 am	Drawing and Watercolor
10:10 am	Zumba Gold w/Theresa
11:00 am	Chair Zumba w/Theresa
12:30 pm	BINGO

Friday

	Bingo/cards/billiards
10:00 am	Knitting Group
10:00 am	Piano Sing-Along
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
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:

Wednesday, May 13 @ 3:00 pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
Thursdays @ 3:15 pm – Sassy Seniors Group
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

NEW – On-line Caregivers Support Group Meeting

(Using the Microsoft TEAMS App):

Thursday, May 21 @ 2:00 pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

May/ Special Events

- May 1 - **School Budget Presentation @ 11:00**
w/ Superintendent Frank Miele
- May 5 - **Understanding Social Security@11:00**
w/ Dennis Sklarnik from AARP
- May 6 - **SITE CLOSED – Home Delivered Meals will be delivered**
- May 12 - **May is Stroke Month Prest. @ 11:00**
w/ Sarena Chisik. Med, BSN, RN
- May 13 - **OSR Training Day – All sites closed**
No delivery of Home Delivered Meals
- May 14 - **Brain Fitness w/ Mike @ 10:00**
- May 19 - **Parkinson’s Discussion @ 11:00**
w/ Mary Massoud, OSR Nurse
- May 25 - **Memorial Day Holiday – All sites closed – no delivery of home delivered meals**
- May 26 - **Caregivers Support Group @ 11:45**
- May 26 - **Bingo with the Plaza @ 12:45**
w/ Maddie Majette
- May 28 - **Brain Fitness w/ Mike @ 10:00**

Upcoming Event: June 10- Annual Picnic

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call Vanessa 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.