



Office for Senior Resources Mahopac Koehler Senior Center

JULY 2026 ~ (845) 808-1738

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

July 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 Senior Corps
	Song & Dance Team
12:30 pm	BINGO
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
	(Meets 1 Tuesday per Month)
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, July 15 @ 3:00 pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo

Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

NEW – On-line Caregivers Support Group Meeting

(Using the Microsoft TEAMS App):

Thursday, July 23rd @ 2:00 pm

To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

July Special Events

July 3 - **Fourth of July Holiday Observed**

(All Sites Closed – No Delivery of Homebound Meals)

July 9 - **Introduction of Vince DiGrandi @ 11:00**

New Superintendent of Mahopac Schools

July 10 - **Heat/Hydration Presentation @ 11:00**

w/ Mary Massoud, OSR Nurse

July 14 - **Presentation: Ask a Veterinarian @ 11:00**

w/ Dr. Kathi Heiber, DVM

July 16 - **Brain Fitness w/ Mike @ 10:00**

July 30 - **Brain Fitness w/ Mike @ 10:00**

July 30 - **Caregivers Support Group @ 11:45**

July 31 - **Blood Pressure Screenings @ 10:00**

w/ Mary Massoud, OSR Nurse

Upcoming Event:

Falls Prevention Week - September 21st-25th

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.