



# Office for Senior Resources

## Mahopac Koehler Senior Center

August 2026 ~ (845) 808-1738

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

### August 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) |

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#### 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          |

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#### Wednesday

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

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#### Thursday

|          | Bingo/cards/billiards  |
|----------|------------------------|
| 10:00 am | Drawing and Watercolor |
| 10:30 am | Chair Dancing          |
| 12:30 pm | BINGO                  |

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#### 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, August 19<sup>th</sup> @ 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, August 13<sup>th</sup> @ 2:00 pm

To register, please contact Lynne Cabiati

845-808-1700 ext. 47113

### August Special Events

Aug 13 - Brain Fitness w/ Mike @ 10:00

Aug 14 - BP Screening w/ OSR Nurse Mary @ 10:30

Aug 14 - Understanding your CBC and BMP @ 11:00  
w/ Mary Massoud, RN OSR Nurse

Aug 18 - Presentation: Lyme Disease @ 11:00  
w/ Sarena Chisick, Med BSN RN

Aug 25 - Presentation: Medical Education &  
Research Institute (MERI) Program @ 11:00  
w/ Daniel Baldessare

Aug 27 - Brain Fitness w/ Mike @ 10:00

Aug 27 - Caregivers Support Group @ 11:45

#### 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.