



Office for Senior Resources Mahopac Koehler Senior Center

September 2026 ~ (845) 808-1738

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

September 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
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
10:00 am	Zumba (Beginning 9/10)
11:00 am	Zumba Gold (Beginning 9/10)
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, September 23 @ 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, September 17 @ 2:00 pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

September Special Events

Sept 1 - **Medicare/Medicaid Scams Presentation**
w/ Deborah Merced @ 11:00

Sept 4 - **BP Screening w/ OSR Nurse Mary** @ 9:45

Sept 7 - **LABOR DAY Holiday** / ALL SITES CLOSED
No delivery of home delivered meals

Sept 10 - **Brain Fitness w/ Mike** @ 10:00

Sept 10 - **Alzheimer's Association Open Hours**

10:30 am – 2:00 pm – Appointments available
w/ Care Cnslt. Stacey Rosenbluth, LCSW

Sept 21-Sept 25 **Falls Prevention Week**

Agenda of events available at site

Sept 24 - **Brain Fitness w/ Mike** @ 10:00

Sept 24 - **Caregivers Support Group** @ 11:45

Sept 29 - **Food Preservation Presentation** @ 11:00
w/ Jo Quiocho, SNAP Educator, Cornell Coop. Ext.

UPCOMING EVENT: Harvest Jamboree

October 26th at Putnam County Golf Course. Please
see Site Manager for details.

*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.