



Office for Senior Resources

Mahopac Koehler Senior Center

January 2026 ~ (845) 808-1738

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

January Activities:

Monday

	Bingo/cards/billiards
10:00 am	Tai Chi w/ Dave Levy
10:00 am	Ceramics
11:00 am	Putnam SeniorCorps 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 once a 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	Garden Club
10:00 am	Drawing and Watercolor
10:10 am	Zumba Gold w/Theresa
11:00 am	Chair Zumba w/Theresa
12:30 pm	Card Making (Meet once a month – TBD)
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, January 21st @ 3:00 pm – BOOK CLUB

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

Thursdays @ 3:15 pm – Sassy Seniors Group w/ Michele

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

NEW – On-line Caregivers Support Group Meeting

(Using the Microsoft TEAMS App):

Thursday, Jan 22nd @ 2:00 pm

To register, please contact Lynne Cabiati

845-808-1700 ext. 47113

January Special Events

Jan 1 - **New Years Day Holiday** - All Sites

Closed - No delivery of Home Delivered
Meals

Jan 5 - **AFC- Urgent Care Presentation**

w/ Nicole and Kellie @ 11:00 am

Jan 6 - **Presentation: SCAMS** @ 11:00 am

Presented by DA Robert Tendy

Jan 8 - **Brain Fitness** w/ Mike @ 10:00 am

Jan 8 - **Alzheimer’s Association Open Office**

Hours 10:30 am -12:00 pm

Care Consultant Stacey Rosenbluth, LCSW

Jan 13 - **Nutrition Education Presentation**

w/ Josephine Quinocho @ 11:00 am

Jan 19 - **Martin Luther King, Jr. Day Holiday**

All Sites Closed - No delivery of Home
Delivered Meals

Jan 22 - **Brain Fitness** w/ Mike @ 10:00 am

Jan 29 - **Caregivers Support Group** 11:45 am

**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.