



Office for Senior Resources
Mahopac Koehler Senior Center

October 2024 ~ (845) 808-1738

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

October 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
 9:45 am Exercise w/ Sue
 10:00 am Watercolor Group
 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
 10:15 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
 10:30 am Cell phone/tablet
 Computer walk-in
 11:00 am Garden Club
 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, October 30th @ 3:00pm – BOOK CLUB

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

October Special Events

- Oct 1 – **Presentation:** Healthy Cooking on a Budget
 Presenters: Elizabeth Margiotta, MS,CDN
 and Josephine Quiocho, Cornell Coop. Ext.
- Oct 3 – **Alzheimer’s Association** 10:00am-2:00pm
 Care Consultant Eileen Hendriksen, LMSW
- Oct 3 – **Brain Fitness** w/ Mike @ 10:00
- Oct 14 – **Columbus Day** – All sites closed.
 No delivery of Home Delivered Meals.
- Oct 22 – **Harvest Jamboree** @ Putnam County Golf
 Course – Site closed. Home Delivered Meals
 will be delivered.
- Oct 24 – **Brain Fitness** w/ Mike @ 10:00
- Oct 31 – **Caregivers Support Group** @ 11:45

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