



Office for Senior Resources  
Mahopac Koehler Senior Center  
October 2025 ~ (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)

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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 Tuesday once a 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
11:00 am	Exercise w/ Pauline
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	Garden Club
10:00 am	Drawing and Watercolor (Meet 3x per month - TBD)
10:10 am	Zumba Gold w/Theresa
11:00 am	Chair Zumba w/Theresa
11:00 am	Card Making (Meet once a month – TBD)
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, October 22 @ 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, October 9 @ 2:00 pm  
To register, please contact Lynne Cabiati  
845-808-1700 ext. 47113

October Special Events

- Oct 2 – **Alzheimer’s Association** 10am-2pm  
Open Hours w/ Care Consultant  
Eileen Hendriksen, LSMW
- Oct 8 – **Public Hearing – Annual Update** @ 10:30  
w/ Marlene Barrett, OSR Director
- Oct 9 – **Brain Fitness** w/ Mike @ 10:00am
- Oct 13 – **Columbus Day** – All sites closed.  
No delivery of Home Delivered Meals.
- Oct 14 – **Warning Signs of Alzheimer’s** @ 11:00 am  
w/ Joan Carl
- Oct 20 – **When to Get Screened Presentation** @11:00  
w/ Sarena Chisick, Med BSN RN  
of Nuvance Health
- Oct 21 – **Nutrition Education Presentation** @ 11:00  
w/ Josephine Quiocho
- Oct 23 – **Brain Fitness** w/ Mike @ 10:00 am
- Oct 23 – **Discover Live Tour - Bahia, Brazil** @ 11:00
- Oct 27 – **Harvest Jamboree Party** 10:00-2:00  
Putnam County Golf Course  
(Pre-Registration Required) This site closed.  
Home Delivered Meals will be delivered.
- Oct 30– **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.