



Office for Senior Resources
Mahopac Koehler Senior Center

December 2024 ~ (845) 808-1738

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

December 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
10:00 am	Piano Sing-Along w/ Elsa
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, December 18th @ 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

December Special Events

- Dec 5 – **Alzheimer’s Association** 10:00am-2:00pm
Care Consultant Eileen Hendriksen, LMSW
- Dec 5 – **Brain Fitness** w/ Mike @ 10:00
- Dec 9 – **Holiday Party @ PC Golf Course** – Site closed. Home Delivered Meals will be delivered.
- Dec 12 – **Holiday Dessert Cooking Demo @ 11:00**
w/ Nutritionist Elizabeth Margiotta, MS, CDN and Nutrition Educator Josephine Quiocho from Cornell Cooperative Extension
- Dec 19 – **Brain Fitness** w/ Mike @ 10:00
- Dec 19 – **Caregivers Support Group @ 11:45**
- Dec 25 & 26 (Two Days) – **Christmas Holiday**
All sites closed. No delivery of Home Delivered Meals.

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.