

February



Office for Senior Resources

Mahopac Koehler Senior Center

February 2025 ~ (845) 808-1738

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

February 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, February 19th @ 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

February Special Events

Feb 11 - **A Heart-Healthy Diet Presentation @ 11:00**
w/ Nutritionist Elizabeth Margiotta, MS, CDN

Feb 13 - **Brain Fitness w/ Mike @ 10:00**

Feb 14 - **Valentine's Day Celebration w/ entertainment**

Feb 17 - **President's Day Holiday**
All sites closed. No delivery of Home
Delivered Meals.

Feb 18 - **Keep Our Hearts Healthy @ 11:15**
Presentation-Sarena Chisick, MEd, BSN, RN
from Putnam Hospital

Feb 20 - **Brain Fitness w/ Mike @ 10:00**

Feb 27 - **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.