



Office for Senior Resources Mahopac Koehler Senior Center

February 2026 ~ (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)

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:

Feb 18 @ 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):

February 19 @ 2:00 pm

To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

February Special Events

Feb 3 -Love Your Heart Presentation @ 11am
w/ Sarena Chisick MEd, BNS, RN

Feb 5 - Brain Fitness w/ Mike @ 10:00am

Feb 16 - President's Day Holiday
All Sites Closed - No delivery of Home
Delivered Meals

Feb 19 - Brain Fitness w/ Mike @ 10:00am

Feb 26 - Caregivers Support Group @ 11:45am

*Rides to doctor appointments are available
through our Demand Response Medical
Transportation Program. For information call
Vanessa at 845-808-1700 ext. 47104.*

UPCOMING EVENT: St. Patrick's Luncheon

March 9th at Putnam County Golf Course. Please
see Site Manager for details.

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

To know about delays or cancellations in the event of inclement weather, please call 845-808-1700/press 47100 or look out for Senior Blast notifications.