



Office for Senior Resources
Mahopac Koehler Senior Center

March 2025 ~ (845) 808-1738

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

March Activities:

Monday

10:00 am Bingo/cards/billiards
 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

10:00 am Bingo/cards/billiards
 Exercise w/ Sue
 10:00 am Watercolor Group
 12:30 pm BINGO
 12:45 pm Chair Yoga w/ Anne

Wednesday

10:00 am Bingo/cards/billiards
 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

10:15 am Bingo/cards/billiards
 Zumba Gold w/ Theresa
 11:00 am Chair Zumba w/ Theresa
 12:30 pm BINGO

Friday

10:00 am Bingo/cards/billiards
 Knitting Group
 10:00 am Piano Sing-Along
 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, March 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

**NEW – On-line Caregivers Support Group Meeting
 (Using the Microsoft TEAMS App):**

Tuesday, March 18th @ 2:00pm
 To register, please contact Lynne Cabiati
 845-808-1700 ext. 47113

March Special Events

- Mar 6 – **Alzheimer’s Association Care Consultant**
 Eileen Hendriksen, LSMW 10am-2pm
- Mar 6 – **Brain Fitness** w/ Mike @ 10:00
- Mar 10 – **St. Patrick’s Party** at Putnam County
 Golf Course -10am-2pm. (Pre-Registration Required)
**Site Closed; Homebound Meals will be
 delivered as usual.**
- Mar 17 – **Discover.live** – Tour of Dublin Ireland
 At 12:30pm
- Mar 20 – **Brain Fitness** w/ Mike @ 10:00
- Mar 24 – **Osteoporosis Presentation** given by
 Sarena Chisick, Med BSN RN, of Nuvance Health
- Mar 25 – **Scams Presentation** @ 10:30 given by
 PC Deputy Claire Pierson
- Mar 27 – **Caregivers Support Group** @ 11:45

***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.**