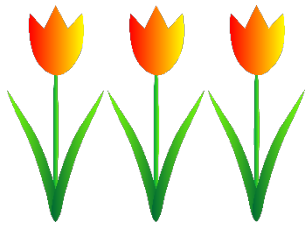


April



Office for Senior Resources

Mahopac Koehler Senior Center

April 2025 ~ (845) 808-1738

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

April 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
10:00 am	Exercise w/ Sue
10:00 am	Watercolor Group
11:00 am	Book Club (Meet once a month)
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
10:00 am	Garden Club
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, April 16th @ 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, April 17th @ 2:00pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

April Special Events

- April 3 – Alzheimer’s Association 11:00-2:00
w/ Eileen Hendriksen, LMSW
- April 7 – **Getting Ready for Tick Season – How to Prevent getting Lyme Disease @ 11:00**
Sarena Chisick, MEd BSN RN - Nuvance
- April 10 – **Brain Fitness w/ Mike @ 9:30**
- April 10 – **Mini-State of the County Presentation by County Executive Byrne @ 10:30**
- April 15 – **Cooking Demo and Presentation@11:00**
Nutritionist Elizabeth Margiotta, MS, CDN
CCE Nutrition Educator Josephine Quiocho
- April 16 – **Discover Live Tour/Croatia @ 11:00**
- April 24 – **Brain Fitness w/ Mike @ 10:00**
- April 24 – **Caregivers Support Group @ 11:45**

UPCOMING EVENT:

May 12 – **CarFit 12:00-3:00** – See Site Manager for details and to sign up.

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.