



Office for Senior Resources  
Mahopac Koehler Senior Center  
August 2025 ~ (845) 808-1738  
Open: Mondays-Fridays 9:00 am – 2:00 pm

August 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)

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Tuesday

	Bingo/cards/billiards
10:00 am	Exercise w/ Sue
10:00 am	Watercolor Group
11:00 am	Book Club (meets once a month)
12:30 pm	BINGO

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Wednesday

	Bingo/cards/billiards
10:00 am	Exercise w/ Pauline
11:00 am	Exercise w/ Pauline
12:30 pm	Rummikub (Craft room)
12:30 pm	Mahjong (Exercise Rm)
12:30 pm	BINGO

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Thursday

	Bingo/cards/billiards
10:00 am	Garden Club
10:00 am	Drawing and Watercolor (Meet 3x per month - TBD)
10:00 am	Zumba Gold w/Theresa
11:00 am	Chair Zumba w/Theresa
11:00 am	Card Making (Meet once a month – TBD)
12:30 pm	BINGO

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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
11:00 am	Meals on Main Food Truck
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, August 13 @ 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):**

**August 14 @ 2:00 pm**  
To register, please contact Lynne Cabiati  
845-808-1700 ext. 47113

August.Special.Events

August 1 – **OSR Training Day All Sites Closed**  
No delivery of Home Delivered Meals

August 6 – **Sizzling Summer Fiesta Party 12-2pm**

August 7 – **Alzheimer’s Association 10am-2pm**  
Open Hours w/ Care Consultant Eileen Hendriksen, LSMW

August 14 – **Community Health Engagement**  
**Presentation with a focus on Fall Prevention 11:00**  
w/Leora Matt, RN & RN BSN Student

August 20 – **Discover Live Tour 11:00am**  
New Town, Edinburgh Scotland

August 28 – **Caregivers Support Group 11:45am**

Rides.to.doctor.appointments.are.available.  
through.our.Demand.Response.Medical.  
Transportation.Program;For.information.call.  
Vanessa.at.401\_464\_7666.ext;03760;

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.