



Office for Senior Resources
Mahopac Koehler Senior Center

September 2025 ~ (845) 808-1738

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

September 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 (meets 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
10:00 am	Garden Club
10:00 am	Drawing and Watercolor (Meet 3x per month - TBD)
10:10 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

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

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, Sept. 24th @ 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):

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

September Special Events

- Sept 1 – **LABOR DAY Holiday** – All sites closed.
No delivery of Home Delivered Meals.
- Sept 4 – **Brain Fitness** w/ Mike @ 10:00am
- Sept 4 – **Alzheimer’s Association** 10am-2pm
Open Hours w/ Eileen Hendriksen, LSMW
- Sept 10 – **Discover Live Tour** @ 10:30am
Old Jaffa, Tel Aviv, Israel
- Sept 12 – **Alzheimer Assoc. Mini Walk** @ 10:30 am
- Sept 15 – **Fall Prevention Presentation** @ 11:00
Sarena Chisick, Med BSN RN,
Nuvance Health
- Sept 25 – **Brain Fitness** w/ Mike @ 10:00am
- Sept 25 – **Caregiver Support Group** @ 11:45am
- Sept 26 – **Fall Prevention Event** 10am-12pm

UPCOMING EVENT: Harvest Jamboree

October 27th at Putnam County Golf Course
Please see Site Manager for details.

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.