



Office for Senior Resources  
**Mahopac Koehler Senior Center**

August 2024 ~ (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  
 9:45 am Exercise w/ Sue  
 10:00 am Watercolor Group  
 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  
 10:15 am Zumba Gold w/ Theresa  
 11:00 am Chair Zumba w/ Theresa  
 12:30 pm BINGO

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**Friday**

Bingo/cards/billiards  
 10:00 am Piano Sing-Along  
 w/ MaryAnn  
 10:00 am Knitting Group  
 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, August 28<sup>th</sup> @ 3:00pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo  
 Thursdays @ 3:00 pm – Sassy Seniors Group w/ Michele  
 Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

**August Special Events**

- Aug 1 – **Alzheimer’s Association** 10am-2pm w/  
Care Consultant Eileen Hendriksen, LMSW
- Aug 8 – Brain Fitness w/ Mike @ 10:00
- Aug 13 – **FLIP FLOP FIESTA** 12:30 – 2:00
- Aug 14 – “Advanced Care Planning”  
**Presentation/Survey @ 11:00**
- Aug 22 – Brain Fitness w/ Mike @ 10:00
- Aug 29 – Caregivers Support Group @ 11:45

*Rides to doctor appointments are available  
 through our Demand Response Medical  
 Transportation Program. For information call  
 Frank Simonfay 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.**