

Office for Senior Resources

Mahopac Koehler Senior Center

May 2025 ~ (845) 808-1738

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



May Activities:

Monday

	Bingo/cards/billiards
10:00 am	Tai Chi w/ Dave Levy
10:00 am	Ceramics
11:00 am	Putnam Senior Corps
	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
11:00 am	Card Making (Meet once a month – May 8th)
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
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, May 21st @ 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, May 15th @ 2:00 pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

May Special Events

- May 1 – **Alzheimer’s Association** 10am-2pm
w/ Eileen Hendriksen, LSMW
- May 8 – **Brain Fitness** w/ Mike @ **10:00**
- May 12 – **CarFit** @ 12:00 – Must see Site Manager
- May 21 – **Discover Live Tour** @ 11:00
Paris, France - Notre-Dame & Pont Neuf
- May 22 – **Brain Fitness** w/ Mike @ **10:00**
- May 26 – **MEMORIAL DAY HOLIDAY**
(All sites closed – no delivery of Home
Delivered Meals)
- May 27 – **Stroke Awareness** @ 11:00 given by
Sarena Chisick, Med BSN RN, of Nuvance Health
- May 29 – **Caregivers Support Group** @ 11:45

Upcoming Event:

June 11 – Annual Senior Picnic
@ Veterans Memorial Park

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.