



Office for Senior Resources
Mahopac Koehler Senior Center
January 2024 ~ (845) 808-1738

January Activities:

Monday	
	Bingo/cards/billiards
10:00 am	Tai Chi w/ Dave Levy
10:00 am	Ceramics
11:00 am	Sr. Corps Wellness
	Ambassadors -Dance Team
12:30 pm	Bingo
12:30 pm	Rummikub (Exercise Rm)

Tuesday	
	Bingo/cards/billiards
9:45 am	Exercise w/ Sue
10:00 am	Watercolor Group
12:30 pm	Bingo

Wednesday	
	Bingo/cards/billiards
10:00 am	Exercise w/Pauline
10:45 am	Arts & Crafts
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	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
Wednesdays @ 11:00 am	– Zumba w/ Kelly House
Thursdays @ 10:00 am	– Tai Chi w/ Kim Cercena
Fridays @ 10:00 am	– Exercise w/ Sue Roos

Call-in Activities:
1st Wednesday of Month @ 3:00 pm – Book Club w/Michele

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

January Special Events....

- January 1st – Holiday – All sites closed. **No** delivery of Home Delivered Meals.
- January 4th – Brain Fitness @ 10:00
- January 18th – Brain Fitness @ 10:00
- January 15th – Holiday – All sites closed. **No** delivery of Home Delivered Meals.
- January 25th – Caregivers Support Group @ 11:45

Upcoming Events:

- March 11th – St. Patrick’s Party at the Putnam County Golf Course

Rides to doctor appointments available through our Demand Response Program. For information call: Frank Simonfay at 845-808-1700 ext. 47104

In the event of inclement weather to know about delays or cancellations, please listen to WHUD 100.7 radio or go to www.putnamcountyny.com/osr or call 845-808-1700/press 0.