



Office for Senior Resources
Mahopac Koehler Senior Center
 September 2023 ~ (845) 808-1738

September 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
 10:00 am Watercolor Group
 10:00 am Exercise w/ Sue
 12:30 pm Bingo

Wednesday

Bingo/cards/billiards
 10:00 am Exercise w/Pauline
 10:45 am Arts & Crafts w/ Arlene
 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-A-Long
 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 – Sassy Seniors Group w/ Michele
 Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

September Special Events....

- Sept 4 – Labor Day Holiday / all sites closed
no delivery of home delivered meals
- Sept 7 – Brain Fitness w/ Mike @ 10:00
- Sept 21 – Brain Fitness w/ Mike @ 10:00
- Sept 28 – Caregivers Support Group @ 11:45

Upcoming Events:

November 2nd – Health Fair @ Koehler

October 3rd – Fall Prevention Event @ Koehler

*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.putnamcountynv.com/osr or call 845-808-1700/press 0.