



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

April 2024 ~ (845) 808-1738

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

**April 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)

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**Tuesday**

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

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**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

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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  
 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:**

1<sup>st</sup> 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

***April Special Events....***

- April 4<sup>th</sup> – Alzheimer’s Assoc. 10:00 – 2:00  
 Care Consultant Eileen Hendriksen, LMSW
- April 11<sup>th</sup> – Brain Fitness @ 10:00
- April 12<sup>th</sup> – Foods for Brain Health w/ Nutritionist  
 Elizabeth Margiotta, MS, CDN @ 11:30
- April 25<sup>th</sup> – Brain Fitness @ 10:00
- April 25<sup>th</sup> – Caregivers Support Group @ 11:45

**Upcoming Events:**

***Rides to doctor appointments available  
 through our Demand Response 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.**