



Office for Senior Resources

Mahopac Koehler Senior Center

March 2024 ~ (845) 808-1738

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

March 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	Chair Yoga w/ Anne
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	– Sassy Seniors Group w/ Michele
Fridays @ 2:00 pm	– Coffee & Convo w/ Miriam

March Special Events....

- March 7th – Alzheimer’s Assoc. 10:00 – 2:00
Care Consultant Eileen Hendriksen, LMSW
- March 11th – St. Patrick’s Luncheon at the Putnam
County Golf Course (Site closed/Home Delivered Meals
will be delivered)
- March 14th – Brain Fitness @ 10:00
- March 28th – Brain Fitness @ 10:00
- March 28th – 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.