



# Office for Senior Resources Mahopac Koehler Senior Center

March 2026 ~ (845) 808-1738

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

## March Activities:

### Monday

	<b>Bingo/cards/billiards</b>
10:00 am	Tai Chi w/ Dave Levy
10:00 am	Ceramics
11:00 am	Putnam SeniorCorps Song & Dance Team
12:30 pm	BINGO
12:30 pm	Card Making (March 16)
12:30 pm	Rummikub (Exercise Rm)

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### Tuesday

	<b>Bingo/cards/billiards</b>
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

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### Wednesday

	<b>Bingo/cards/billiards</b>
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

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### Thursday

	<b>Bingo/cards/billiards</b>
10:00 am	Garden Club
10:00 am	Drawing and Watercolor
10:10 am	Zumba Gold w/Theresa
11:00 am	Chair Zumba w/Theresa
12:30 pm	BINGO

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### Friday

	<b>Bingo/cards/billiards</b>
10:00 am	Knitting Group
10:00 am	Piano Sing-Along
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  
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

#### Call-in Activities:

March 18 @ 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):**

March 19 @ 2:00 pm

To register, please contact Lynne Cabiati

845-808-1700 ext. 47113

### **March Special Events**

March 9 - **St. Patrick's Luncheon at Putnam County Golf Course -10am-2pm**  
(Pre-Registration Required) **Site Closed; Homebound Meals will be delivered as usual.**

March 12 - **Brain Fitness** w/ Mike @ 10:00am

March 17 - **Home Modification Presentation**  
w/ Mercy University Occupational  
Therapy Students @ 10:30 am

March 24 - **Let's Talk Health Presentation**  
w/ Department of Health @ 11 am

March 25 - **Baseball Opening Day** – Wear your  
favorite team jersey

March 26 - **Brain Fitness** w/ Mike @ 10:00am

March 26 - **Caregivers Support Group**@11:45am

**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.