



Office for Senior Resources

Mahopac Koehler Senior Center

June 2025 ~ (845) 808-1738

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

June Activities:

Monday	
Bingo/cards/billiards	
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	Rummikub (Exercise Rm)

Tuesday	
Bingo/cards/billiards	
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

Wednesday	
Bingo/cards/billiards	
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

Thursday	
Bingo/cards/billiards	
10:00 am	Garden Club
11:00 am	Card Making (Meet once a month – TBD)
12:30 pm	BINGO

Friday	
Bingo/cards/billiards	
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
11:00 am	Meals on Main Food Truck
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:
Wednesday, June 25th @ 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):
June 18 @ 2:00 pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

June Special Events

June 4 – **OSR Training Day** - All Sites Closed
No delivery of Home Delivered Meals

June 5 – **Alzheimer’s Association** 10am-2pm
w/ Eileen Hendriksen, LSMW

June 6 – **Discover Live Tour @ 12:00 pm**
Perugia, Italy

June 9 –**NYS Long Term Care Ombudsman**
Program, Judy Farrell, MPA@ 11:00 am

June 11 – **Annual Senior Picnic** -Veterans
Memorial Park – All Sites Closed – Home Delivered
Meals will be delivered

June 12 – **Brain Fitness** w/ Mike @ 10:00 am

June 17 – **Red Cross Disaster Preparedness**
Presentation @ 11:00
Ericka Vacaflones, Community Disaster Prog. Mgr.

June 19 – **Juneteenth Holiday** - All Sites Closed
No delivery of Home Delivered Meals

June 24 – **Nutrition Education Presentation @ 11:00**
w/ Nutritionist Elizabeth Margiotta, MS, CDN &
CCE Josephine Quiocho, Nutrition Educator

June 25 – **Osteoporosis Presentation @ 11:00 am**
w/ Sarena Chisick MEd, BNS, RN
Health Ed. Coordinator of Nuvance Health

June 26 – **Brain Fitness** w/ Mike @ 10:00 am

June 26 – **Caregivers Support Group @ 11:45 am**

*Rides to doctor appointments are available through our
Demand Response Medical Transportation Program.
For information call Vanessa at 845-808-1700ext.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.