



Office for Senior Resources Mahopac Koehler Senior Center

July 2025 ~ (845) 808-1738

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

July 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
10:15 am	Zumba Gold w/Theresa
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, July 30 @ 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):

July 30th @ 2:00 pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

July Special Events

July 1 – **TechConnect Event** 10:30am-12:00pm
Youth Bureau and Deputy Claire Pierson

July 3 – **Alzheimer’s Assoc. Presentation** @ 11:00
w/ Eileen Hendriksen, LSMW
TOPIC: Healthy Living for the Brain and Body

July 4 – **FOURTH OF JULY HOLIDAY**
(All sites closed – no delivery of Home Delivered
Meals)

July 8 – **Fransican Friars Presentation** @ 11:00
Father Jim Gardiner & Jillian Lubarsky
TOPIC: History of Graymoor/Pilgrimage Spot

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

July 24 – **Brain Fitness** w/ Mike @ 10:00am

July 24 – **Discover Live Tour** @ 11:00am
Tour of Gdansk, Poland

July 24th – **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.