



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

June 2024 ~ (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 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

**June Special Events....**

- June 5<sup>th</sup> – Closed for Staff Training (All sites closed. No delivery of Home Delivered Meals.)
- June 6<sup>th</sup> – Alzheimer’s Assoc. Presentation @ 11:15  
TOPIC: 10 Warning Signs
- June 6<sup>th</sup> – Alzheimer’s Assoc. 10:00 – 2:00  
Care Consultant Eileen Hendriksen, LMSW
- June 6<sup>th</sup> – Brain Fitness @ 10:00
- June 12<sup>th</sup> – Senior Picnic (All sites closed. There will be delivery of Home Delivered Meals.)
- June 20<sup>th</sup> – Brain Fitness @ 10:00
- June 20<sup>th</sup> – Caregivers Support Group @ 11:45
- June 25<sup>th</sup> – Reducing Sodium in Your Diet @ 10:30  
Presentation by Dietitian Elizabeth Margiotta, MS, CDN

**Upcoming Events:**

June 12 – OSR Annual Senior Picnic at Veteran’s Memorial Park

*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.