



Office for Senior Resources  
**Mahopac Koehler Senior Center**  
 March 2023 ~ (845) 808-1738

**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  
 11:00 am Coffee & Convo w/Maria  
 (3<sup>rd</sup> Monday each month)  
 12:30 pm Bingo  
 12:30 pm Rummikub (Exercise Rm)

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**Tuesday**

Bingo/cards/billiards  
 10:00 am Watercolor Group  
 12:30 pm Bingo

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**Wednesday**

Bingo/cards/billiards  
 10:00 am Exercise w/Pauline  
 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-A-Long  
 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

**Call-in Activities:**

1<sup>st</sup> Wednesday of Month @ 3:00 pm – Book Club w/Michele  
 Mondays @ 9:30 am – Brain Fitness w/ Mike  
 Tuesdays @ 2:00 pm – Trivia w/ Sally Jo  
 Thursdays @ 3:00 pm – Comedy Hour w/ Michele  
 Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

**March Special Events....**

- March 2 – Brain Fitness @ 10:00 am
- March 9 – Brain Fitness @ 10:00 am
- March 13 – Luncheon Putnam County Golf Course  
 (Site closed / Homebound meals will be delivered)
- March 23 – Brain Fitness @ 10:00 am
- March 23 – Caregivers Support Group @ 11:45 am
- March 30 – Brain Fitness @ 10:00 am

**Upcoming Events:**

*Rides to doctor appointments available through  
 our Demand Response Program.*

*For information call: Frank Simonfay  
 at 845-808-1700 ext. 47104*

In the event of inclement weather to know about delays or cancellations, please listen to  
 WHUD 100.7 radio or go to [www.putnamcountyny.com/osr](http://www.putnamcountyny.com/osr) or call 845-808-1700/press 0.