



Office for Senior Resources
Mahopac Koehler Senior Center

July 2024 ~ (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
9:45 am	Exercise w/ Sue
10:00 am	Watercolor Group
12:30 pm	Bingo

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

Thursday

	Bingo/cards/billiards
10:15 am	Zumba Gold w/ Theresa
11:00 am	Chair Zumba w/ Theresa
12:30 pm	Bingo

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
Thursdays @ 10:00 am	– Tai Chi w/ Kim Cercena
Fridays @ 10:00 am	– Exercise w/ Sue Roos

Call-in Activities:

Wednesday, July 24th @ 3:00pm – Book Club
As the Page Turns

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

July Special Events

- July 4 – **Independence Day** - (ALL sites closed. **NO** delivery of Home Delivered Meals.)
- July 10– **“Tips on Shopping at the Farmers’ Market”** w/ Elizabeth Margiotta, MS, CDN
- July 18 – Brain Fitness w/ Mike @ 10:00
- July 18 – **Alzheimer’s Assoc. Presentation**
 TOPIC: 10 Warning Signs
 w/ Annette Lopane @ 11:15
- July 25 – Caregivers Support Group @ 11:45

Rides to doctor appointments are available through our Demand Response Medical Transportation 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.