

# **COHOES SENIOR CENTER**

10 CAYUGA PLAZA COHOES NY 518-235-2420

# May 2017

## **Lunch Served Daily**

Mon – Fri 12:00 p.m. Suggested contribution \$3.00

#### **Dinner Served**

Tues & Thurs 5:00 p.m. Suggested contribution \$3.00

CENTER OPEN MON – FRI 9 a.m. to 4 p.m.

10 Cayuga Plaza Cohoes, NY 12047

235-2420

www.cohoesseniorcenter.org

Programs are partially funded by Albany County Dept. for Aging, NYS Office for the Aging, And the U.S.Administration on Aging

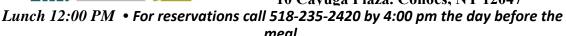


	Monday	Tuesday	Wednesday	Thursday	Friday
у	1 10:00 In-Between Bridge 10:00 Line Dancing 10:30 Wii Bowling 11:00 Tone & Stretch 12:00 LUNCH 1:00 Mah-Jongg	10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1 on1 Tech 5:00 Dinner	10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 11:00 Get the Lead Out 12:00 LUNCH 5:00 Dinner 5:30 Diners' Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
	10:00 In-Between Bridge 10:00 Line Dancing 10:30 Wii Bowling 11:00 Tone & Stretch 12:00 LUNCH 1:00 Mah-Jongg	10:00 Healthy Bones 12:00 LUNCH 1:00 Silvertops Choir 3:30 1 on1 Tech 5:00 Dinner	10:00 In-Between Bridge 12:00 LUNCH 1:00 Pool Clinic w/Clark 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 11:00 Get the Lead Out 12:00 LUNCH 5:00 Mother's Day Dinner w/singer Gary Taylor	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
	15 10:00 In-Between Bridge 10:00 Line Dancing 10:30 Wii Bowling 11:00 Tone & Stretch 11:30 Clear Captions demo 12:00 LUNCH 1:00 Mah-Jongg	16 10:00 Healthy Bones 12:00 LUNCH 1:00 Silvertops Choir 3:30 1 on1 Tech 5:00 Dinner 5:15 Nutrition Ed	17 10:00 In-Between Bridge 12:00 LUNCH 1:00 Pool Clinic w/Clark 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 11:00 Get the Lead Out 12:00 LUNCH 5:00 Dinner	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
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#### **MAY 2017**

#### **Cohoes Senior Center Dining** 10 Cayuga Plaza. Cohoes, NY 12047





Cole Slaw

Ambrosia Salad

Wheat Bread

Mandarin Oranges



## MAY 2017

#### Cohoes Senior Center Dining 10 Cayuga Plaza. Cohoes, NY 12047

Dinner 5:00 PM • For reservations call 518-235-2420 by 4:00 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	2		4	
	Pot Roast w/Gravy Mashed Potatoes Spinach Wheat Bread Blueberry Crisp		Greek Style Chicken Roasted Zucchini & Yellow Squash Sautéed Kale Orzo Wheat Bread Honey Cake	
	9		11	
	Spanish Rice w/Beef and Beans Romaine, Radish, Cucumber Salad French Dressing Corn Bread Strawberries w/Whipped Cream		Mother's Day Dinner  Spiral Ham w/Crushed Pineapple  Mashed Sweet Potatoes Green Beans Wheat Dinner Roll Applesauce Cake	
	16		18	
	BBQ Chicken Thighs Potato Salad Spinach Egg Noodles Wheat Bread Vanilla Pudding Tart		American Goulash Romaine Salad w/Carrots, Tomato, Cucumber Italian Dressing Cranberry Juice Wheat Dinner Roll Lemon Cake	
	23		25	
	Loaded Mac & Cheese w/Chicken, Bacon Broccoli Apple Juice Wheat Bread Strawberries w/Whipped Topping		Eggplant Parm w/Cheese Romaine Salad w/Tomato, Carrots, Cucumber Italian Dressing Wheat Bread Italian Ice	
	30			
	Burger w/Swiss Cheese, Lettuce, Tomato, Onion on Wheat Bun Seasoned Potato Wedges California Blend Fresh Seasonal Fruit Cup			

Congregate Dining is funded in large part through support from the Albany County Department for Aging, the New York State Office for Aging, and the Administration on Aging. Additional support for this program comes from donors and community businesses like you. There is a \$3.00 suggested contribution towards the cost of the meal. No one will be turned away due to an inability to make a contribution. All meals are served with 1% milk. Some items may be subject to last minute substitution.