



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
1	2	3	4	5
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
8	9	10	11	12
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	16	17	18	19
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	10:00 Healthy Bones 12:00 LUNCH 1:00 Silvertops Choir 3:30 1 on1 Tech 5:00 Dinner 5:15 Nutrition Ed	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
22	23	24	25	26
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 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 5:30 Diners' Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
29	30	31		
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 1:00 Pool Clinic w/Clark 2:00 Communion 3:00 Veggie Mobile		



MAY 2017



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

Lunch 12:00 PM • For reservations call 518-235-2420 by 4:00 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Parmesan Romaine Salad w/Carrots, Tomato Dressing Pasta Wheat Bread Peaches	Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cake	Baked Fish Almandine Mashed Sweet Potato Cauliflower Wheat Dinner Roll Strawberry Shortcake	Roasted Pork Loin w/Gravy Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce	Pepper Steak (Onions & Peppers) Summer Squash Rice Wheat Bread Lemon Cake
8	9	 10 	11	12
Chicken Primavera (Italian Blended Veggies) Pasta Wheat Bread Tropical Fruit Salad	Ham & Bean Casserole Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	Chicken Parmesan w/Sauce and Cheese Romaine Salad w/Carrots, Tomatoes Italian Dressing Orange Juice Wheat Bread <i>Birthday Cake!</i>	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blended Veggies Wheat Bread Brownie	Chef Salad w/Ham, Swiss, Hard Boiled Egg Dressing Blended Fruit Punch Wheat Bread Lemon Cake
15	16	17	18	19
BBQ Chicken California Blended Veggies Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	Baked Chicken w/Mushroom Gravy Italian Blended Veggies Rice Rye Bread Strawberry Shortcake	Lemon Garlic Baked Fish Baked Sweet Potato Spinach Wheat Dinner Roll Fresh Melon Cup
22	23	24	25	26 
American Goulash Romaine Salad w/Cucumber, Tomato, Carrots Dressing Wheat Bread Applesauce Cake	Chicken Cacciatore (Tomato & Peppers) Broccoli Rice Wheat Bread Pears	Beef Tips w/Brown Gravy Parsley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Turkey Tetrazzini w/Peas Brussel Sprouts Spaghetti Wheat Bread Mandarin Oranges	Memorial Lunch BLT Bowtie Pasta Salad w/Chicken Cucumber Radish Salad Pineapple Juice Oatmeal Cookie
29	30	31		
CLOSED Memorial Day	Mac & Cheese Stewed Tomatoes California Blended Veggies Wheat Bread Mandarin Oranges	BBQ Pulled Pork on Wheat Roll Seasoned Roasted Potatoes Cole Slaw Ambrosia Salad		



MAY 2017



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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.