



Valentine's Dinner Dance



Tuesday, February 14th

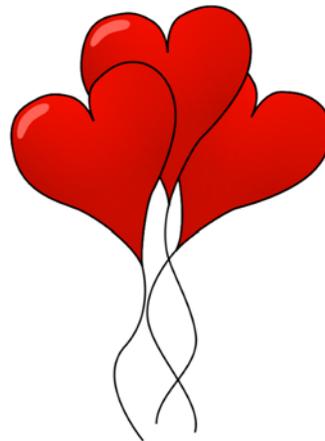
5:00 pm Dinner

5:30 pm entertainment

DJ Don Hyman bringing us the best of the
Ed Sullivan Show

Dinner:

Shrimp Scampi over Pasta
Spinach
Apple Crisp



Suggested contribution for
dinner (over 60) \$3.00
Entertainment \$2.00

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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.

518-235-2420

Things going on at the Cohoes Senior Center

Monday

9:30 In-between Bridge
 10:00 Line dancing
 10:30 Wii Bowling League
 11:00 Tone & Stretch w/Heather
 12:00 Congregate Lunch
 1:00 Mah-Jongg

Tuesday

10:00 Healthy Bones for Life
 12:00 Congregate lunch
 1:00 Silvertops Choir
 3:30 1-On-1 Tech Training
 5:00 Congregate dinner

Wednesday

10:00 In-between bridge
 12:00 Congregate lunch
 2:00 Communion Service
 3:00 Veggie Mobile

Thursday

9:00 Mah-Jongg
 11:00 Get the Lead Out!
 12:00 Congregate lunch
 5:00 Congregate dinner
 5:30 Diners' only bingo

Friday

9:00 Pool Crew
 12:00 Congregate lunch
 1:00 Healthy Bones for Life

Come in to connect to Services

HEAP, the Home Energy Assistance Program is back at Cohoes Senior Center. Come by to meet with a counselor

Tuesdays at 1:00—3:30 pm



AARP Income Tax Assistance is back to help seniors and lower-income families with free income tax preparation and filing. Absolutely no charge for this service. Appointments are mandatory so call today to schedule. 235-2420

Friday, starting February 3rd, from 9:00am—2:00pm

Wednesday, starting February 8th from 9:00am-2:00pm

1-on-1 Tech Training - Got technology? Work one on one with a high school student to learn how to get the most out your hand held or portable technology

Tuesdays at 3:30pm

Senior Legal Aid is back! Meet with a lawyer for a 45 minute appointment for absolutely no charge. Third Tuesday of every month.

Tuesday, February 21st at 10 & 10:45

Tuesday, March 21st at 10 & 10:45



Save the date!

Upcoming Programs & Events at the Senior Center

February 14th at 12:30 — *Nutrition Education* w/Alexis Bartocci from Cornell Co-op Extension. Call the day before to register for lunch at noon.

February 22nd at 12:30— *Loving your health, Loving yourself* a presentation by Melissa Trainor of St Peter's Health Partners Cancer Services.

Call the day before to register for lunch at noon

February 27th at 10:30— *Cohoes Wii Bowling League* kicks off a new season.

Call to register 518-235-2420

Membership Corner

The Cohoes Senior Center Membership Committee is selling tickets for a basket that will be raffled at the Valentine's Dinner Dance. Stop by to purchase your tickets for a chance to win this fabulous Valentine themed basket. Stay tuned next month for more on the St Patrick's themed basket in March.

Hats off to the SilverTops choir. They practice weekly and have planned "sing outs" at area homes for the aged. The next scheduled events are February 8th at the Eddy on Burdett Ave in Troy and March 15th at the Glen Eddy in Niskayuna. Interested in singing with the choir? Call Hal Perry at 371-4894.

The next Membership meeting will be held at **10:30 am on February 22nd**. Plan to attend and hear more about the great things happening at your center. Bring your ideas for new events, trips, and projects you would like to see here. Call the Center at 235-2420 if you have questions now that you need answered.

February Birthdays

Luncheon February 1st 12:00 pm

Eunice Antonucci	1st
Elizabeth Haggerty	2nd
Sarah Donnelly	6th
Ruthann Buck	6th
John Roulier	7th
Nancy Vandervoort	8th
Blanche Lopez	8th
Peggy Douglas	9th
Mark Hebert	10th
Millie Burke	10th
Joann Decker	10th
Linda Brower	11th
Robert Clark Sr	11th
Dorothy Stekeur	12th
Ida Atkinson	15th
Linda Smith Griffin	17th
Colleen Mayo	22nd
Carolyn Frawley	23rd
Susan Webster	25th
Louise Trinchillo	26th



Please wish our February Birthday members the happiest of celebrations

Friendship Café



We are Expanding!!
Located in the Community Room at
the Cohoes Senior Center

Soup du jour
Monday, Wednesday & Fridays
11:30 am—3:00 pm

The Café opens at 9:00 am
Serving coffee and baked goods



*Take and go or
sit and relax
Either choice is
the right choice
at the Friendship
Café*

Friendly Faces Wanted

Are you looking to spend a few hours in a fun and friendly place, serving up joy in a cup? Look no further! The Friendship Café is looking for people like you to serve our patrons.



Call Beth at 235-2420 if you are interested or better yet, stop by the Café one morning and inquire in person.

Health Steps to a Healthy Year



Keeping fit and active can be difficult during any time of the year but it is especially hard during the cold winter months leading up to spring. Here at the Cohoes Senior Center we have quite a few opportunities to join a class and get your body moving.

Monday

10:00 Line dancing—learn to step and pivot to some upbeat oldies and modern songs. This is a great exercise for balance and maneuverability on your feet

10:30 Wii Bowling League—bowling without the funny shoes and heavy ball. Wii bowling is a safe and comfortable way to focus your attention and improve your eye hand coordination. This is a safe exercise for those who prefer to remain seated or those who want to improve their balance with a gentle exercise.

Tuesday and Friday

10:00 and 1:00 respectively Healthy Bones for Life—this evidenced based program is designed especially to help your bones maintain their strength through the use of gentle weight bearing exercises.



Be Smart about Keeping Sharp

There are so many things we can do to keep our bodies active and healthy like eating properly, moving regularly through dedicated exercise, and getting enough sleep. Taking care of our mind is equally important. Sure you can subscribe to and read the *New Yorker* or the *Wall Street Journal* but studies are showing the importance of even simple activities like Web-surfing, playing bridge and socializing for staving off mental decline.

A recent study noted in the journal *JAMA Neurology* states there is benefit from activities many of us already have access to: technology and computer use, making crafts, playing games including bridge and mah-jongg, and going to movies and other types of socializing. I would like to add that the benefits of dining in a social or congregate setting is one of the easiest and most accessible ways to start socializing more. There are many of these sites across the capital district set up to provide affordable, nutritious meals in a warm and engaging setting. This author invites you to stop in at the Cohoes Senior Center for more information on dining and activating your mind.



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