



# COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

## JUNE 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](http://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
			<b>1</b>	<b>2</b>
			9:00 Mah-Jongg 12:00 LUNCH 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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 12:30 SALT Presentation 1:00 Pool Clinic w/Clark 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
10:00 In-Between Bridge 10:00 Line Dancing 10:30 Wii Bowling 11:00 Tone & Stretch 12:00 LUNCH 12:30 <u>Nutrition Ed</u> 1:00 Mah-Jongg	10:00 Healthy Bones 12:00 LUNCH 1:00 Silvertops Choir 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 12:00 LUNCH 3:00 Get the Lead Out <b>5:00 Father's Day Dinner and Music featuring the "Gone Grey Band"</b>	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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 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 12:00 LUNCH 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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 5:00 Dinner	10:00 In-Between Bridge 12:00 LUNCH 12:30 <u>Stay on your toes w/good foot health</u> 1:00 Pool Clinic w/Clark 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 <u>Aging and Brain Health</u> 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life