



June 2017 Center News & Happenings

ONE ON ONE

TECHNOLOGY TRAINING

Every Tuesday for the last several months, we have hosted a group of students from the Cohoes High School. The young people came down after school and spent an hour of their valuable time helping us learn to understand our hand held and portable technology.

These hard working students shared with us their patience and skills as they helped each of us individually to grasp such skills as logging onto wi-fi, accessing email, sending email or texts with attachments, using facebook and even how to set up voice mail and text on our newly acquired smart phones. We challenged them with such a diverse assortment of devices from smart phones and flip phones to tablets and kindles and lap tops with a variety of operating systems. And our band of students handled every situation with grace and kindness.

We want to thank Cohoes High School for sharing these smart and engaging young people with us. Good luck to them and we look forward to seeing the new group in the fall.

Father's Day Dinner and Music Featuring Gone Grey Band Playing good old fashioned Rock & Roll

**Thursday, June 15th
5:00PM**

**Herbed Chicken w/Gravy
Mashed Potatoes
Red Cabbage Slaw
Cupcake w/Ice Cream**

Please RSVP by Tuesday, June 13th

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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

Friendship Café

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



*Daily Lunch Specials
Until 3:00 pm*

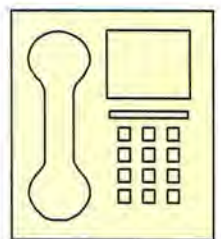
*Take and go or sit and relax
Either choice is a good choice
at the Friendship cafe*



Clear Captions telephone demonstration

Thursday, June 15

4:00 PM



Stop by the Center and learn how to make the phone your friend again.

Clear Captions provides text of phone conversations for people with hearing loss. Certified as a caption telephone provider by the FCC, Clear Captions offers an innovative suite of communication services on a variety of platforms, including personal computers, mobile devices and home phones.

Come in and learn

Wednesday, June 28

12:00 pm

Stay on your toes with good foot health: presented by Dr. Altweger, Podiatrist
This is a Lunch & Learn program, come for lunch stay for information on how to take care of your feet so your feet continue to take care of you. Reservations for lunch are required (518) 235-2420.

Thursday, June 29

1:00 pm

Aging and Brain Health: presented by Gretchen Moore-Simmons, MA and CDPHP
Do you frequently misplace items like your keys, glasses and phone? Are these memory lapses "normal" and is there anything you can do to keep your mind sharp? Join us to learn ways to keep your brain healthy in your later years. Call CDPHP at (518) 641-3500 to sign up.

Membership Corner

Congregate Dining

Member June Birthdays

Austin Gagnon	June 1
Harold Wickham	June 2
Kai Henderson	June 4
Vincent Izzo	June 6
Betty Powers	June 8
Kathleen Willsey	June 12
Dawn Lindemann	June 19
Pauline Daigneault	June 22
Mary Hatch	June 23
Rose Keefe	June 23
Claire Halliday	June 28
Elizabeth Dechene	June 28
Guilbert Soucy	June 28
Irene Drescher	June 30
Ralph Hayner	June 30

Join us for lunch on June 14th to celebrate these special people during their birthday month

Wreath Raffle

1 Ticket \$1.00

3 Tickets \$2.00

10 Tickets \$5.00

Proceeds to benefit the
Membership Committee

Come down & buy a chance... or 10



The time for fruits and vegetables has come. Before we know it July and the Farmer's Market Coupons will be here and we will be able to stock up on lots of fresh produce. Why do you want to eat more fresh vegetables and fruits? Well here is one reason why....

Fruit, veg boost

The more fruits and vegetables people eat, the less they risk getting peripheral artery disease, an NYU School of Medicine study has found.

The study of nearly 3.7 million people, which factored in age, sex and race, was published in the journal Arteriosclerosis, Thrombosis and Vascular Biology.

Rueters

The Capital Roots Veggie Mobile is a great way to access fresh vegetables and fruits. The Veggie Mobile stops in the parking lot of Cayuga Plaza every Wednesday from 3:00 to 4:00.

I encourage everyone to come out and try the Veggie Mobile experience. It is fast, affordable and delicious!



GROW • EDUCATE • PROVIDE

Nutrition News



Here is a little article from Reuters news service that was shared with me and I thought it had some good and relevant information. Take it for what it's worth and how it relates to you.

Plant-based Fiber Super Foods

- Split Peas
- Lentils
- Black Beans
- Lima Beans
- Artichokes
- Peas
- Broccoli
- Brussels Sprouts
- Raspberries
- Blackberries
- Avacado
- Pears/Apples
- Bran Flakes
- Whole-wheat Pasta
- Pearled Barley
- Oatmeal
- Flax Seed Meal
- Chia Seeds

Fiber diet a fix for arthritis

Older people who eat the most fiber are at a lower risk of developing knee pain and stiffness due to osteoarthritis, new research shows.

Diets rich in fiber from plant-based foods have clear health benefits, such as lower cholesterol, better controlled blood sugar and a healthier weight, but most people in the United States don't eat enough fiber, lead author Dr. Zhaoli Dai of Tufts University in Boston told Reuters.

The current average daily fiber intake among US adults is about 15 grams, she noted. "This is far below the recommended level, which is 22.4 grams for women and 28 grams per day for men 51 years and above," Dai said.

OA, which occurs when wear and tear on the joints degrades cartilage and leads to bone abnormalities, is extremely common in people 60 and older. It can be painful, and is also a leading cause of disability.

There is no treatment for OA, aside from joint replacement

Reuters



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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

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
			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
5	6	7	8	9
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
12	13	14	15	16
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 5:00 Father's Day Dinner and Music featuring the "Gone Grey Band"	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
19	20	21	22	23
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
26	27	28	29	30
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



JUNE 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
			Baked Fish w/Tomato Sauce Spinach Rice Pilaf Wheat Bread Pineapple	Meatloaf w/Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce
5	6	7	8	9
Lasagna Roll-Ups w/Marinara Sauce Italian Blend Veggies Wheat Italian Bread Tapioca Pudding	Beef & Broccoli Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Peach Glazed Chicken Seasoned Zucchini & Tomato Apple Juice Rice Rye Bread Brownie	Spanish Rice w/Beef & Beans Green Beans Corn Bread Fresh Cantaloupe	Turkey Rieben Sandwich on Rye Tomato Soup Mix Berries w/Whipped Cream
12	13	14 🍰	15	16
Breaded Chicken Parm Romaine Salad w/Shredded Carrots, Tomatoes Pasta Wheat Bread Peaches	Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	Eggplant Parmesan w/Sauce & Cheese Romaine Salad w/Carrots & Tomatoes Wheat Bread Birthday Cake! 🍰	Roasted Pork Loin w/Gravy Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce	Pepper Steak (Onions & Peppers) Summer Squash Rice Wheat Bread Lemon Cake
19	20	21	22	23
Chicken Primavera Italian Blend Veggies Pasta Wheat Bread Tropical Fruit Salad	Ham & Bean Casserole Spinach Corn Bread Blueberry & Vanilla Yogurt Parfait	Sloppy Joe on Wheat Bun Seasoned Zucchini w/ Tomatoes Watermelon	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blend Veggies Wheat Bread Brownie	Chef Salad w/Ham, Swiss, Hard Boiled Egg Fruit Punch Wheat Bread Lemon Cake
26	27	28	29	30
BBQ Chicken California Blend 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 Blend Veggies Rice Rye Bread Strawberry Shortcake	Lemon Garlic Baked Fish Baked Sweet Potatoes Spinach Wheat Dinner Roll Fresh Melon 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.



JUNE 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
			1	
			Parmesan Crusted Chicken Garlic Mashed Potatoes Prince Edward Island Veggies Wheat Bread Brownie	
	6		8	
	Ziti w/Meatballs Tossed Romaine Salad Italian Dressing Wheat Bread Sugar Cookie		Oven Baked Fish w/Tartar Sauce, Lettuce, & Tomato on Wheat Bun Roasted Red Potatoes Cole Slaw Strawberry Shortcake	
	13		♪ 15 ♪	
	Pot Roast w/Gravy Mashed Potatoes Spinach Wheat Bread Blueberry Crisp		Father's Day Dinner Herbed Chicken w/Gravy Mashed Potatoes Red Cabbage Slaw Wheat Dinner Roll Blueberry Crisp	
	20		22	
	Spanish Rice w/Beef & Beans Romaine, Radish, Cucumber Salad Corn Bread Strawberries w/Whipped Cream		Chicken Waldorf Salad on bed of Romaine Macaroni Salad Wheat Bread Glazed Baked Pears w/Vanilla Ice Cream	
	27		29	
	BBQ Chicken Thighs Potato Salad Spinach Egg Noodles Wheat Bread Vanilla Pudding Tart		American Goulash Romaine Salad w/Carrots, Cucumber, Tomatoes Cranberry Juice Wheat Dinner Roll Lemon Cake	

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5/31/2017