



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

APRIL 2018



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

518-235-2420
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
2	3	4	5	6
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:00 1:1 Tech Training 5:00 Dinner	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba Canasta 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 12:45 Depression Support Group
9	10	11	12	13
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1:1 Tech Training 5:00 Dinner	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo 6:30 Thursday Pickers	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 12:45 Depression Support Guest Speaker Mary Ann Yakonis
16	17	18	19	20
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1:1 Tech Training 5:00 Dinner & Sock Hop	9:30 AARP Def Driving 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner 6:00 Cohoes School Board of Education Mtg	9:00 Pool Crew 9:30 AARP Def Driving 12:00 LUNCH 1:00 Healthy Bones For Life 12:45 Depression Support Group
23	24	25	26	27
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1:1 Tech Training 5:00 Dinner	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 12:30 Healthy Cooking demo w/Alexis B. Cornell Co-op Ext 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's Only Bingo 6:30 Thursday Pickers Jam Session	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 12:45 Depression Support Group
30				
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg				