



# COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

## AUGUST 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](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><br>10:00 UFOs knit/crochet<br>10:00 In-Between Bridge<br>12:00 Lunch<br>2:00 Communion<br>3:00 Veggie Mobile                                      | <b>2</b><br>9:00 Mah-Jongg<br>12:00 Lunch<br>1:00 Samba Canasta<br>3:00 Get the Lead Out<br>5:00 Dinner<br>5:30 Diners' only Bingo  | <b>3</b><br>9:00 Pool Crew<br>12:00 Lunch<br>12:45 Wellness Support Group<br>1:00 Healthy Bones For Life                                  |
| <b>6</b><br>10:00 In-Between Bridge<br>10:00 Line Dancing<br>11:00 Tone & Stretch<br>12:00 Lunch<br>12:30 Mah-Jongg  | <b>7</b><br>10:00 Healthy Bones For Life<br><b>10:30 Summer Cooking w/Alexis</b><br>12:00 Lunch<br>5:00 Dinner | <b>8</b><br>10:00 UFOs knit/crochet<br>10:00 In-Between Bridge<br><b>12:00 Birthday Lunch</b><br>2:00 Communion<br>3:00 Veggie Mobile                      | <b>9</b><br>9:00 Mah-Jongg<br>12:00 Lunch<br>1:00 Samba Canasta<br>3:00 Get the Lead Out<br>5:00 Dinner<br>5:30 Diners' only Bingo  | <b>10</b><br>9:00 Pool Crew<br>12:00 Lunch<br>12:45 Wellness Support Group<br>1:00 Healthy Bones For Life                                 |
| <b>13</b><br>10:00 In-Between Bridge<br>10:00 Line Dancing<br>11:00 Tone & Stretch<br>12:00 Lunch<br>12:30 Mah-Jongg | <b>14</b><br>10:00 Healthy Bones For Life<br>12:00 Lunch<br>5:00 Dinner  | <b>15</b><br><b>9:30 AARP Def Driving</b><br>10:00 UFOs knit/crochet<br>10:00 In-Between Bridge<br>12:00 Lunch<br>2:00 Communion<br>3:00 Veggie Mobile     | <b>16</b><br>9:00 Mah-Jongg<br>12:00 Lunch<br>1:00 Samba Canasta<br>3:00 Get the Lead Out<br>5:00 Dinner<br>5:30 Diners' Only Bingo | <b>17</b><br>9:00 Pool Crew<br><b>9:30 AARP Def Driving</b><br>12:00 Lunch<br>12:45 Wellness Support Group<br>1:00 Healthy Bones for life |
| <b>20</b><br>10:00 In-Between Bridge<br>10:00 Line Dancing<br>11:00 Tone & Stretch<br>12:30 Mah-Jongg                | <b>21</b><br>10:00 Healthy Bones For Life<br>12:00 Lunch<br>5:00 Dinner  | <b>22</b><br>10:00 UFOs knit/crochet<br>10:00 In-Between Bridge<br>12:00 Lunch<br>2:00 Communion<br>3:00 Veggie Mobile                                     | <b>23</b><br>9:00 Mah-Jongg<br>12:00 Lunch<br>1:00 Samba Canasta<br>3:00 Get the Lead Out<br>5:00 Dinner                            | <b>24</b><br>9:00 Pool Crew<br>12:00 Lunch<br>12:45 Wellness Support Group<br>1:00 Healthy Bones  |
| <b>27</b><br>10:00 In-Between Bridge<br>10:00 Line Dancing<br>11:00 Tone & Stretch<br>12:00 Lunch<br>12:30 Mah-Jongg | <b>28</b><br>10:00 Healthy Bones For Life<br>12:00 Lunch<br>5:00 Dinner  | <b>29</b><br>10:00 UFOs knit/crochet<br>10:00 In-Between Bridge<br>12:00 Lunch<br>2:00 Communion<br>3:00 Veggie Mobile<br><b>5:00 Benefit Variety Show</b> | <b>30</b><br>9:00 Mah-Jongg<br>12:00 Lunch<br>1:00 Samba Canasta<br>3:00 Get the Lead Out<br>5:00 Dinner<br>5:30 Diners' only Bingo | <b>31</b><br>9:00 Pool Crew<br>12:00 Lunch<br>12:45 Wellness Support Group<br>1:00 Healthy Bones For Life                                 |