



August 2018 Center News & Happenings

10 Cayuga Plaza
Cohoes, NY 12047
518-235-2420

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www.cohoesseniorcenter.org

www.facebook.com/CohoesSeniorCenter

Center Hours
Monday thru Friday
9 am to 4 pm

Lunch served 12:00 PM
Monday thru Friday

Dinner served at 5:00 PM
Tuesday & Thursday

Call the day before for reservations

Check it out! Inside this issue:

Education and Programs pg 2

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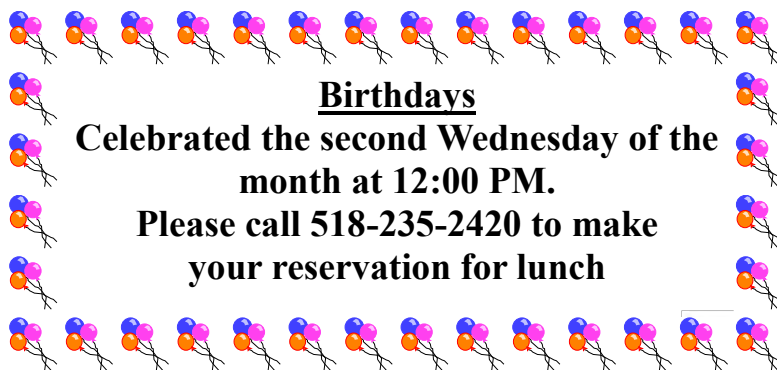
More Center Happenings pg 4

Welcome all from the Cohoes Senior Center!

We have many offerings this month for you so please check them out (page 2 & 3) and stop in to see us. We are celebrating our 4th Annual Benefit Variety Show on August 29th. Tickets are available by calling or stopping in to the Center, get them now before they are sold out (page 4) we are sure to entertain!

September will bring some new and fun programs and entertainment like a Country and Western Dance featuring Don Hyman singing our favorite C&W hits from past decades. An 8 session Intro to Drawing program and Health & Wellness programs. Stay tuned.

Are you a member or would you like to be a member? We are currently renewing membership for \$12.00 a year. Stop in to the Center for more information.



Birthdays

Celebrated the second Wednesday of the month at 12:00 PM.

Please call 518-235-2420 to make your reservation for lunch



Programs are partially funded by Albany County Dept. for Aging, NYS Office for the Aging, the U.S. Administration on Aging and the City of Cohoes

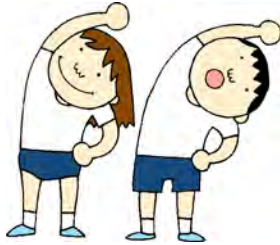


Cohoes Senior Center: Center News & Happenings

Exercise for the Body

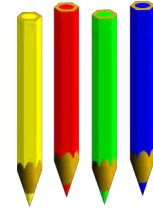
Line Dancing; learn some new steps as you groove to tunes new and old. Great low-impact cardio exercise fun for all
Mondays at 10:00 AM

Healthy Bones for Life; evidenced based osteo program featuring slow purposeful movements. Instructor lead. Wear sneakers
*Tuesdays at 10:00 AM and
Fridays at 1:00 PM*



Arts & Crafts

UFOs or UnFinished Objects; lap crafts of all sorts are getting completed and new ones started at this fun group. All are welcome, bring your UFO and supplies
Wednesdays at 10:00 AM



Get the Lead Out; Do you like to color, want to work on craft projects? This easy going group meets weekly for coloring and conversing
Thursdays at 3:00 PM

Services

Senior Legal Aid ~ Meet Atty Kim Bode to discuss your legal concerns. Registration is required. Call for the Center for an appointment ~ 518-235-2420
*Third Tuesday of the month at
10:00 and 11:00 AM*



AARP Defensive Driving Classes
Teacher: Norm Rosenthal
Classes held two mornings from 9:30—12:30
*August 15 & 17 ~~ September 12 & 14
October 24 & 26 ~~ November 28 & 30*
\$20 for AARP members and \$25 for non members
Call 518-235-2420 to register for your class



HIICAP—Health Insurance Information and Assistance Program
For Medicare questions or concerns call Sallie Fuller at
518-935-2307



FRIENDSHIP CAFÉ

MONDAY—FRIDAY
9:00 AM TO 2:00 PM

Serving in café

Coffee & Tea
Bottled drinks
Freshly baked muffins
Sub sandwiches &
Soup in season

Open to the Public
Come and enjoy a
delicious cup of coffee



Dinner on the Run

Frozen dinners

Turkey, Roast Beef,
Chicken Parm,
Mac & Cheese...
**supplies may vary*

Exercise for your Mind

Mah-Jongg; like playing Rummy with Chinese tiles, this is a fun and competitive game that is sure to challenge your memory. Come and check out one of the two groups that meet weekly

Mondays at 12:30 PM

Thursdays at 9:00 AM

Learn to play Samba; Canasta with flare! Interested in learning a new game? What to hang out with new people? Samba is a fun game you can learn and practice each week

Thursdays at 12:30 PM

In-Between Bridge; Refreshers available

Mondays and Wednesdays at 9:00 AM

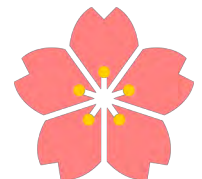
Healthy Activities

Pool Crew; Zany, wacky, and just plain fun, the Pool Crew meets weekly to hone their skills on the table and enjoy conversation. The pool table is available during Center hours, the Pool Crew meets

Fridays at 9:00 AM

Wellness Support, a peer led group, helps you see the brighter side of life while offering you the support to work through challenges. This program meets weekly and is open to anyone who wants to attend.

Fridays at 12:30 PM





4th Annual Senior Variety Show

Wednesday, August 29th
5:00 pm \$10 per person

Only 150 tickets will be sold! Get yours today!

All proceeds to benefit the Cohoes Senior Center and its numerous programs and services

For more information call 518-235-2420



COLONIE TOWN BAND PLAYS THE COHOES SENIOR CENTER

Free Concert
Monday, August 20th
7:00 PM



10 Cayuga Plaza~Cohoes, NY 12047