



# COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

## DECEMBER 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>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 Lunch 12:30 Mah-Jongg	9:00 Yoga 10:00 Healthy Bones For Life 12:00 Lunch 1:00 Silvertops 5:00 Dinner	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile	<b>Bazaar!!</b> 9:00 Yoga 9:00 Mah-Jongg 12:00 Lunch 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner	<b>Bazaar!!</b> 9:00 Pool Crew 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 Lunch 12:30 Mah-Jongg	9:00 Yoga 10:00 Healthy Bones For Life 12:00 Lunch 1:00 Silvertops 5:00 Dinner	10:00 UFOs knit/crochet 10:00 In-Between Bridge <b>12:00 Birthday Lunch</b> 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile	9:00 Yoga 9:00 Mah-Jongg 12:00 Lunch 1:00 Samba Canasta 3:00 Get the Lead Out <b>4:00 Volunteer Recognition</b> 5:00 Dinner	9:00 Pool Crew <b>11:00 Blood Pressure Clinic</b> 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 Lunch 12:30 Mah-Jongg	9:00 Yoga 10:00 Healthy Bones For Life <b>10:00 Senior Legal Aid</b> 12:00 Lunch 1:00 Silvertops 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 Yoga 9:00 Mah-Jongg 12:00 Lunch 1:00 Samba Canasta 3:00 Get the Lead Out	9:00 Pool Crew 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	<b>Closed Christmas Holiday</b>	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile	9:00 Yoga 9:00 Mah-Jongg 12:00 Lunch 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Holiday Dinner w/Entertainment 5:30 Diners' only Bingo	9:00 Pool Crew 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life
	<b>31</b>				
	10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg				