



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

FEBRUARY 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
			1	2
			9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 12:45 Depression Support
5	6	7	8	9
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 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 4:00 Paint & Sip 5:00 Dinner 5:30 Diner's only Bingo	9:00 Pool Crew 11:00 Blood Pressure Clinic 12:00 LUNCH 1:00 Healthy Bones For Life 12:45 Depression Support
12	13	14	15	16
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 Ash Wednesday Communion Service 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 4:00 Paint & Sip 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
19	20	21	22	23
Closed for Presidents' Day	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 10:30 Café Music with Nick Harbacz 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Mardi Gras Party w/Dixie Jazz Band	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 12:45 Depression Support Group w/Guest Speaker Dr. Mary Ann Yaconis
26	27	28		
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:15 Healthy Eating by Cornell Co-op Extention 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		

