



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

JANUARY 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 Closed for New Year Holiday	2 10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1:1 Tech Training 5:00 Dinner	3 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	4 9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo	5 9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 2:00 Depression Support Group
8 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	9 10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1:1 Tech Training 5:00 Dinner	10 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 2:00 Communion 3:00 Veggie Mobile	11 9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo	12 9:00 Pool Crew 11:00 Blood Pressure Clinic 12:00 LUNCH 1:00 Healthy Bones For Life 2:00 Depression Support
15 Closed for Dr Martin Luther King Jr Day	16 10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1:1 Tech Training 5:00 Dinner 5:30 Don Hyman Performing top artists born in January	17 10:00 UFOs knit/crochet 10:00 In-Between Bridge 10:30 Volunteer Orientation 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile	18 9:00 Mah-Jongg 10:00 CDTA Navigator Program Presentation 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo	19 9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 2:00 Depression Support Group
22 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	23 10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:30 1:1 Tech Training 5:00 Dinner	24 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	25 9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo	26 9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 2:00 Depression Support Group
29 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	30 10:00 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:00 1:1 Tech Training 5:00 Dinner	31 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile		