



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

JULY 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
2	3	4 Independence Day	5	6
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 12:30 Celebrate the 4th! 5:00 Dinner 5:30 Just Dance Cloggers		9:00 Mah-Jongg 12:00 Lunch 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' only Bingo	9:00 Pool Crew 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life
9	10	11	12	13
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 5:00 Dinner	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 Lunch 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' only Bingo	9:00 Pool Crew 12:00 Lunch 12:45 WellnessSupport Group 1 :00 Healthy Bones For Life
16	17	18	19	Senior Picnic at Peebles Island State Park 20
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 5:00 Dinner	9:30 AARP Def Driving 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 Canasta 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' Only Bingo	9:00 Pool Crew 9:30 AARP Def Driving 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones
23	24	25	26	27
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30	31			
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