





October Happenings

<p>Thursday October 4 12:30 pm</p>	<p>Albany County Department of Health Presents Hypertension: How to manage your health with high blood pressure</p>
<p>Monday October 8 12:00 pm</p>	<p>Lunch with musical guests: Paul Quigley and Melanie Chirignan Reserve your spot by 10/5 at 4:00 pm. This is a free event sponsored by a grant from the</p>
<p>Thursday October 11 12:30 pm</p>	<p>Flu immunization clinic hosted by Marra's Pharmacy Call to the Senior Center to register Bring your ID and all insurance cards</p> 
<p>Friday October 12 11:00 am</p>	<p>Blood pressure clinic sponsored by Interim Health Care Come and have your blood pressure taken by an Interim Health Care nurse</p> 
<p>Friday October 19 9:00am to 2:00pm</p>	<p>27th annual Senior Expo at Crossgates Mall—Day long exposition featuring exhibitors who cater to the 60+ population and their families. Tons of information plus raffles, food tastings, and entertainment. It's guaranteed to be a winner of a day!</p>
<p>Wednesday October 24 5:30am to 7:30pm</p>	<p>Taste of Cohoes! Join us for a fun evening of food sampling and beer tasting. This is a fund raiser to benefit the Cohoes Senior Center For tickets and more information please call 518-465-4381 or mjones@seniorservicesofalbany.com</p>
<p>Tuesday October 30 4:00 pm Before dinner</p>	<p>Halloween Happy Hour 🦇 Come in costume, wear a mask, or none at all and join us to enjoy snacks and beverages as we mingle and enjoy the spirit of the day. Reserve your spot for dinner no later than 10/29/18 at 4:00 pm</p>

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