



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

OCTOBER 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Served Daily Mon – Fri 12:00 p.m. Suggested contribution \$3.00</p> <p>Dinner Served Tues & Thurs 5:00 p.m. Suggested contribution \$3.00</p> <p style="text-align: center;">CENTER OPEN MON – FRI 9 a.m. to 4 p.m.</p> <p style="text-align: center;">10 Cayuga Plaza Cohoes, NY 12047</p> <p style="font-size: 1.2em; font-weight: bold; text-align: center;">518-235-2420</p> <p style="text-align: center;">www.cohoesseniorcenter.org</p> <p style="font-size: 0.8em;">Programs are partially funded by Albany County Dept. for Aging, NYS Office for the Aging, And the U.S. Administration on Aging</p> <div style="text-align: center; margin-top: 20px;"> </div>	<p style="text-align: right; font-weight: bold;">1</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 Lunch 12:30 Mah-Jongg</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>10:00 Healthy Bones For Life 12:00 Lunch 1:00 Silvertops 5:00 Dinner</p>	<p style="text-align: right; font-weight: bold;">3</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile</p>	<p style="text-align: right; font-weight: bold;">4</p> <p>9:00 Mah-Jongg 12:00 Lunch 12:30 Health Education 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' only Bingo</p>	<p style="text-align: right; font-weight: bold;">5</p> <p>9:00 Pool Crew 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life</p>
	<p style="text-align: right; font-weight: bold;">8</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 Lunch 12:30 Special Musical Entertainment 12:30 Mah-Jongg</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>10:00 Healthy Bones For Life 12:00 Lunch 1:00 Silvertops 5:00 Dinner</p>	<p style="text-align: right; font-weight: bold;">10</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 2:00 Communion 3:00 Veggie Mobile</p>	<p style="text-align: right; font-weight: bold;">11</p> <p>9:00 Mah-Jongg 12:00 Lunch 12:30 Flu Shot Clinic 1:00 Samba Canasta 3:00 Get the Lead Out 5:00 Dinner</p>	<p style="text-align: right; font-weight: bold;">12</p> <p>9:00 Pool Crew 11:00 Blood Pressure 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life</p>
	<p style="text-align: right; font-weight: bold;">15</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 Lunch 12:30 Mah-Jongg</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>10:00 Healthy Bones For Life 10:00 Senior Legal Aid 12:00 Lunch 1:00 Silvertops 5:00 Dinner</p>	<p style="text-align: right; font-weight: bold;">17</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile</p>	<p style="text-align: right; font-weight: bold;">18</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">19</p> <p>9:00 Pool Crew 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life</p>
	<p style="text-align: right; font-weight: bold;">22</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>10:00 Healthy Bones For Life 12:00 Lunch 1:00 Silvertops 5:00 Dinner</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>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 5:30 Taste of Cohoes!</p>	<p style="text-align: right; font-weight: bold;">25</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">26</p> <p>9:00 Pool Crew 9:30 AARP Def Driving 12:00 Lunch 12:45 Wellness Support Group 1:00 Healthy Bones For Life</p>
	<p style="text-align: right; font-weight: bold;">29</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>10:00 Healthy Bones For Life 12:00 Lunch 1:00 Silvertops 4:30 Halloween Happy Hour Party 5:00 Dinner</p>	<p style="text-align: right; font-weight: bold;">31</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile</p>		