



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

APRIL 2019

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,
the Administration for Community
Living, and the City of Cohoes



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	8:30 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:00 Craft Blast 6.1	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:45 Purple Group 2:00 Communion 3:00 Veggie Mobile	9:00 Yoga 9:00 Mah-Jongg 12:30 Alz's Assn Series 5:30 Diner's only Bingo	9:00 Pool Crew 12:45 Wellness Group 1:00 Healthy Bones For Life
8	9	10	11	12
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	8:30 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:00 Craft Blast 6.2	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 12:45 Purple Group 2:00 Communion 3:00 Veggie Mobile	9:00 Yoga 9:00 Mah-Jongg 5:30 Diner's only Bingo	9:00 Pool Crew 11:00 Blood Pressures 12:45 Wellness Support 1:00 Healthy Bones For Life
15	16	17	18	19
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 3:00 Craft Blast 6.3	9:30 AARP Def. Driving 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:45 Purple Group 2:00 Communion 3:00 Veggie Mobile	9:00 Yoga 9:00 Mah-Jongg 5:30 Diner's only Bingo	9:00 Pool Crew 9:30 AARP Def Driving 12:30 Nutrition Education 12:45 Wellness Group 1:00 Healthy Bones For Life
22	23	24	25	26
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 3:00 Craft Blast 6.4	10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:45 Purple Group 2:00 Communion 3:00 Veggie Mobile	9:00 Yoga 9:00 Mah-Jongg 5:00 Dinner 5:30 Bistro featuring Don Hyman singing Engelbert Humperdink and Tom Jones	9:00 Pool Crew 12:45 Wellness Group 1:00 Healthy Bones For Life
29	30			
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 3:00 Craft Blast 6.5			