

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.seniorservicesofalbany.com

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
			<p>1</p> <p>9:00 Mah-Jongg 5:30 Diner's only Bingo</p>	<p>2</p> <p>9:00 Pool Footle 9:30 Game Junkies 12:45 Wellness Group 1:00 Healthy Bones For Life 1:00 Mah-Jongg</p>
<p>5</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi</p>	<p>6</p> <p>10:30 Healthy Bones For Life 12:30 Craft Blast II 5:30 Diner's Only Bingo</p>	<p>7</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 1:00 Open House 2:00 Communion 3:00 Veggie Mobile</p>	<p>8</p> <p>9:00 Mah-Jongg 5:30 Diner's only Bingo</p>	<p>9</p> <p>9:00 Pool Footle 9:30 Game Junkies 11:00 Blood Pressures 12:45 Wellness Support 1:00 Healthy Bones For Life 1:00 Mah-Jongg</p>
<p>12</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi</p>	<p>13</p> <p>10:30 Healthy Bones For Life 12:30 Craft Blast II 5:30 Diner's Only Bingo</p>	<p>14</p> <p>9:30 AARP Def Driving 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 1:00 Town Hall Meeting w/Congressman Tonko 2:00 Communion 3:00 Veggie Mobile</p>	<p>15</p> <p>9:00 Mah-Jongg 5:30 Diner's Only Bingo</p>	<p>16</p> <p>9:00 Pool Footle 9:30 AARP Def Driving 9:30 Game Junkies 12:30 Nutrition Education 12:45 Wellness Group 1:00 Healthy Bones For Life 1:00 Mah-Jongg</p>
<p>19</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi 7:00 Colonie Town Band Free Concert</p>	<p>20</p> <p>10:30 Healthy Bones For Life 12:30 Craft Blast II 5:30 Diner's Only Bingo</p>	<p>21</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile</p>	<p>22</p> <p>9:00 Mah-Jongg 10:00 Grand Kids Camp 12:00 LUNCH 5:30 Diner's Only Bingo</p>	<p>23</p> <p>9:00 Pool Footle 9:30 Game Junkies 12:45 Wellness Group 1:00 Healthy Bones For Life 1:00 Mah-Jongg</p>
<p>26</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi</p>	<p>27</p> <p>10:30 Healthy Bones For Life 12:30 Craft Blast II 5:30 Diner's Only Bingo</p>	<p>28</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile</p>	<p>29</p> <p>9:00 Mah-Jongg 10:00 Grand Kids Camp 5:30 Diner's Only Bingo</p>	<p>30</p> <p>Closed Labor Day Weekend</p>