



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

FEBRUARY 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,
And the U.S. Administration on
Aging



Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Pool Crew 12:00 LUNCH 12:45 Wellness Group 1:00 Healthy Bones For Life
4 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	5 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 5:00 Dinner	6 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday 2:00 Communion 3:00 Veggie Mobile	7 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo	8 9:00 Pool Crew 11:00 Blood Pressures 12:00 LUNCH 12:45 Wellness Support 1:00 Healthy Bones For Life
11 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	12 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Health Education 1:00 Silvertops Choir 5:00 Dinner	13 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 2:00 Communion 3:00 Veggie Mobile	14 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 3:00 Get the Lead Out 5:00 Dinner 5:30 Bistro	15 9:00 Pool Crew 12:00 LUNCH 12:30 Nutrition Education 12:45 Wellness Group 1:00 Healthy Bones For Life
18 Closed for Presidents Day	19 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 5:00 Dinner	20 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 12:45 Elder Abuse Presentation 2:00 Communion 3:00 Veggie Mobile	21 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo	22 9:00 Pool Crew 12:00 LUNCH 12:45 Wellness Group 1:00 Healthy Bones For Life
25 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg	26 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 5:00 Dinner	27 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	28 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo	