



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

JANUARY 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 Closed for New Year Holiday | 2 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile | 3 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 12:45 Healthier You 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo | 4 9:00 Pool Crew 12:00 LUNCH 12:45 Wellness Group 1:00 Healthy Bones For Life |
| 7 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg | 8 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 5:00 Dinner | 9 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 2:00 Communion 3:00 Veggie Mobile | 10 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 12:45 Healthier You 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo | 11 9:00 Pool Crew 11:00 Blood Pressures 12:00 LUNCH 12:45 Wellness Support 1:00 Healthy Bones For Life |
| 14 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg | 15 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 5:00 Dinner | 16 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Lunch 2:00 Communion 3:00 Veggie Mobile | 17 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 12:45 Healthier You 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo | 18 9:00 Pool Crew 12:00 LUNCH 12:30 Nutrition Education 12:45 Wellness Group 1:00 Healthy Bones For Life |
| 21 Closed Martin Luther King Day | 22 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 5:00 Dinner | 23 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile | 24 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 12:45 Healthier You 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's only Bingo | 25 9:00 Pool Crew 12:00 LUNCH 12:45 Wellness Group 1:00 Healthy Bones For Life |
| 28 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Mah-Jongg | 29 9:00 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 5:00 Dinner | 30 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile | 31 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 12:45 Healthier You 3:00 Get the Lead Out 5:00 Dinner 5:30 Bistro |  |