

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
3 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi	4 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 5:30 Diner's Only Bingo	5 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Canasta 2:00 Communion 3:00 Veggie Mobile	6 9:00 Yoga 9:00 Mah-Jongg 12:30 Drawing 101 5:30 Diner's only Bingo	7 9:00 Pool Footle 12:45 Wellness Group 1:00 Healthy Bones For Life
10 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi	11 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 5:30 Diner's Only Bingo	12 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 12:30 Canasta 2:00 Communion 3:00 Veggie Mobile	13 9:00 Yoga 9:00 Mah-Jongg 12:30 Drawing 101 1:00 Edith & Eddie @ the Spectrum 5:30 Diner's only Bingo	14 9:00 Pool Footle 11:00 Blood Pressures 12:45 Wellness Support 1:00 Healthy Bones For Life
17 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi	18 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 5:30 Diner's Only Bingo	19 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Canasta 2:00 Communion 3:00 Veggie Mobile	20 9:00 Yoga 9:00 Mah-Jongg 12:30 Drawing 101 5:00 Dinner & Bistro Entertainment	21 9:00 Pool Footle 12:30 Nutrition Education 12:45 Wellness Group 1:00 Healthy Bones For Life
24 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Presentation: Monet The Gardener 12:30 Mah-Jongg 1:00 Tai-Chi	25 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 1:00 Genealogy Look-Up Day 5:30 Diner's Only Bingo	26 9:30 Defensive Driving 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Canasta 2:00 Communion 3:00 Veggie Mobile	27 9:00 Yoga 9:00 Mah-Jongg 12:00 LUNCH 5:30 Diner's Only Bingo	28 9:00 Pool Footle 9:30 Defensive Driving 12:45 Wellness Group 1:00 Healthy Bones For Life
				