



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

MARCH 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 9:00 Pool Crew 12:45 Wellness Group 1:00 Healthy Bones For Life
4 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	5 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir	6 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Purple Group 2:00 Senior Fraud Sem. City of Cohoes 2:00 Communion 3:00 Veggie Mobile	7 9:00 Yoga 9:00 Mah-Jongg 12:30 Alz Assn Part 1 5:30 Diner's only Bingo 6:30 Cohoes Town Hall Meeting	8 9:00 Pool Crew 11:00 Blood Pressures 12:45 Wellness Group 1:00 Healthy Bones For Life
11 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	12 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir	13 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 12:30 Purple Group 2:00 Communion 3:00 Veggie Mobile	14 9:00 Yoga 9:00 Mah-Jongg 12:30 Painting w/Nicky 5:00 St Patrick's Dinner Featuring The Paddy O'Pickers	15 9:00 Pool Crew 12:30 Nutrition Education 12:45 Wellness Group 1:00 Healthy Bones For Life
18 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	19 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir	20 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Purple Group 2:00 Communion 3:00 Veggie Mobile	21 9:00 Yoga 9:00 Mah-Jongg 12:30 Painting w/Nicky 5:30 Diner's only Bingo	22 9:00 Pool Crew 12:45 Wellness Group 1:00 Healthy Bones For Life
25 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	26 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir	27 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Purple Group 2:00 Communion 3:00 Veggie Mobile	28 9:00 Yoga 9:00 Mah-Jongg 12:00 Painting w/Nicky 5:30 Diner's only Bingo	29 9:00 Pool Crew 12:45 Wellness Group 1:00 Healthy Bones For Life