



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

MAY 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 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:45 Purple Group 1:00 Diabetes Prev Prog 2:00 Communion 3:00 Veggie Mobile	² 9:00 Yoga 9:00 Mah-Jongg 12:30 Alzs Assn Series 12:30 Drawing 101 3:00 Get the Lead Out 5:30 Diner's only Bingo	³ 9:00 Pool Crew 12:45 Wellness Group 1:00 Healthy Bones For Life
⁶ 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	⁷ 8:30 Yoga 10:30 Healthy Bones For Life 12:00 LUNCH 1:00 Silvertops Choir 3:00 Craft Blast 6.6 5:00 Diner's Only Bingo	⁸ 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 12:45 Purple Group 1:00 Diabetes Prev Prog 2:00 Communion 3:00 Veggie Mobile	⁹ 9:00 Yoga 9:00 Mah-Jongg 12:30 Drawing 101 3:00 Get the Lead Out 5:30 Diner's only Bingo	¹⁰ 9:00 Pool Crew 11:00 Blood Pressures 12:45 Wellness Support 1:00 Healthy Bones For Life
¹³ 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	¹⁴ 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 5:00 Diner's Only Bingo	¹⁵ 9:30 AARP Def Driving 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:45 Purple Group 1:00 Diabetes Prev Prog 2:00 Communion 3:00 Veggie Mobile	¹⁶ 9:00 Yoga 9:00 Mah-Jongg 12:30 Drawing 101 3:00 Get the Lead Out 5:00 Dinner Bistro Featuring Double D Trio	¹⁷ 9:00 Pool Crew 9:30 AARP Def Driving 12:30 Nutrition Education 12:45 Wellness Group 1:00 Healthy Bones For Life
²⁰ 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg	²¹ 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 5:00 Diner's Only Bingo	²² 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:45 Purple Group 1:00 Diabetes Prev Prog 2:00 Communion 3:00 Veggie Mobile	²³ 9:00 Yoga 9:00 Mah-Jongg 12:30 Drawing 101 3:00 Get the Lead Out 5:30 Diner's only Bingo	²⁴ 9:00 Pool Crew 12:00 Memorial Day Lunch And Ceremony 12:45 Wellness Group 1:00 Healthy Bones For Life
²⁷ Closed Memorial Day	²⁸ 8:30 Yoga 10:30 Healthy Bones For Life 1:00 Silvertops Choir 5:00 Diner's Only Bingo	²⁹ 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:45 Purple Group 1:00 Diabetes Prev Prog 2:00 Communion 3:00 Veggie Mobile	³⁰ 9:00 Yoga 9:00 Mah-Jongg 12:30 Drawing 101 3:00 Get the Lead Out 5:30 Diner's only Bingo	³¹ 9:00 Pool Crew 12:45 Wellness Group 1:00 Healthy Bones For Life