



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Served Daily Mon – Fri 12:00 p.m. Suggested contribution \$3.00</p> <p>Dinner Served Tues & Thurs 5:00 p.m. Suggested contribution \$3.00</p> <p>CENTER OPEN MON – FRI 9 a.m. to 4 p.m.</p> <p>10 Cayuga Plaza Cohoes, NY 12047</p> <p>518-235-2420 www.seniorservicesofalbany.com</p> <p>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</p> 		<p>1</p> <p>10:30 Healthy Bones For Life 5:30 After Dinner Bingo</p>	<p>2</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile</p>	<p>3</p> <p>9:00 Mah-Jongg 12:30 Flu Vaccine Clinic 1:00 CDTA Presents Half Fare Cards 3:00 Get the Lead Out 5:30 After Dinner Bingo</p>	<p>4</p> <p>9:00 Pool Footle 9:30 Game Junkies 11:00 Blood Pressures 12:45 Wellness Group 1:00 Healthy Bones</p>
	<p>7</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg</p>	<p>8</p> <p>10:30 Healthy Bones For Life 5:30 After Dinner Bingo</p>	<p>9</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:00 Birthday Lunch 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile</p>	<p>10</p> <p>9:00 Mah-Jongg 12:30 AA Presentation Healthy Living 3:00 Get the Lead Out 5:30 Free Concert Jeanne O'Connor Quartet</p>	<p>11</p> <p>9:00 Pool Footle 9:30 Game Junkies 12:45 Wellness Support 1:00 Healthy Bones</p>
	<p>14</p> <p>Closed Columbus Day</p>	<p>15</p> <p>10:30 Healthy Bones For Life 5:30 After Dinner Bingo</p>	<p>16</p> <p>9:30 AARP Def Driving 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile</p>	<p>17</p> <p>9:00 Mah-Jongg 3:00 Get the Lead Out 5:30 After Dinner Bingo</p>	<p>18</p> <p>9:00 Pool Footle 9:30 AARP Def Driving 9:30 Game Junkies 12:45 Wellness Group 1:00 Healthy Bones</p>
	<p>21</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg</p>	<p>22</p> <p>10:30 Healthy Bones For Life 5:30 After Dinner Bingo</p>	<p>23</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile</p>	<p>24</p> <p>9:00 Mah-Jongg 3:00 Get the Lead Out 5:30 After Dinner Bingo</p>	<p>25</p> <p>9:00 Pool Footle 9:30 Game Junkies 12:45 Wellness Group 1:00 Healthy Bones For Life</p>
	<p>28</p> <p>10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg</p>	<p>29</p> <p>10:30 Healthy Bones For Life 5:30 After Dinner Bingo</p>	<p>30</p> <p>10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile 5:00 Taste of Cohoes</p>	<p>31</p> <p>9:00 Mah-Jongg 3:00 Get the Lead Out 3:30 Halloween Party 6:00 Children's Parade and Trick or Treat</p>	