

**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.seniorservicesofalbany.com](http://www.seniorservicesofalbany.com)

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
<b>Closed Labor Day</b>	<b>3</b> 10:30 Healthy Bones For Life <b>12:30 Craft Blast II</b> 5:30 Diner's Only Bingo	<b>4</b> 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile	<b>5</b> 9:00 Mah-Jongg 11:00 Alzheimer's Assoc Info & Referral <b>3:00 Get the Lead Out</b> 5:30 After Dinner Bingo	<b>6</b> 9:00 Pool Footle 9:30 Game Junkies 12:30 Mah-Jongg 12:45 Wellness Group 1:00 Healthy Bones 1:00 Mah-Jongg
<b>9</b> 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi	<b>10</b> 10:30 Healthy Bones For Life 5:30 After Dinner Bingo	<b>11</b> 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	<b>12</b> 9:00 Mah-Jongg <b>3:00 Get the Lead Out</b> 5:30 After Dinner Bingo	<b>13</b> 9:00 Pool Footle 9:30 Game Junkies <b>11:00 Blood Pressures</b> 12:30 Mah-Jongg 12:45 Wellness Support 1:00 Healthy Bones
<b>16</b> 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi	<b>17</b> 10:30 Healthy Bones For Life 5:30 After Dinner Bingo	<b>18</b> <b>9:30 AARP Def Driving</b> 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile	<b>19</b> 9:00 Mah-Jongg <b>12:30 AMC Presentation HIV &amp; Seniors</b> <b>3:00 Get the Lead Out</b> 5:30 After Dinner Bingo	<b>20</b> 9:00 Pool Footle <b>9:30 AARP Def Driving</b> 9:30 Game Junkies 12:30 Mah-Jongg 12:45 Wellness Group 1:00 Healthy Bones
<b>23</b> 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi	<b>24</b> 10:30 Healthy Bones For Life 5:30 After Dinner Bingo	<b>25</b> 10:00 UFOs knit/crochet 10:00 In-Between Bridge 12:30 Samba Canasta 2:00 Communion 3:00 Veggie Mobile	<b>26</b> 9:00 Mah-Jongg <b>1:00 Autumn Wreath Class</b> <b>3:00 Get the Lead Out</b> 5:30 After Dinner Bingo	<b>27</b> 9:00 Pool Footle 9:30 Game Junkies 12:30 Mah-Jongg 12:45 Wellness Group 1:00 Healthy Bones For Life
<b>30</b> 10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:30 Mah-Jongg 1:00 Tai-Chi				