

# July 2021 Activity Calendar

## REGISTRATION REQUIRED

to register, please visit: [www.lifepathny.org](http://www.lifepathny.org)

If you need assistance registering, please call 518-465-3322

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

<b>Tuesday, July 6</b> 12:30 pm	<b>TRAVEL LOG: TITANIC</b> Join us as we explore the splendor of the most magnificent ocean liner of its day, the RMS Titanic. We will learn about the furnishings, the gorgeous art, the fine dining and peering aboard the great ship from 1912. <b>Location: Watervliet Senior Center or via Zoom</b>
<b>Wednesday, July 7 &amp; 21</b> 11 am	<b>CARDS, CARDS, CARDS</b> if you love to play cards, join us as we play familiar games or maybe even a tournament. <b>Location: Westview Homes (not offered via Zoom)</b>
<b>Thursday, July 8 &amp; 22</b> 2 pm	<b>SEATED TAI CHI WITH CHERYL HURD</b> Stretch your body through a series of movements designed to improve your alignment and release of stress. No experience required. <b>Location: via Zoom</b>
<b>Friday, July 9 &amp; 23</b> 9:30 am	<b>PLAY READING CLUB</b> Have you wanted to be in a play or have you wanted to get back into the swing of acting? We will assign parts in "The Odd Couple" by Neil Simons for you to act out, or if you prefer you are welcome to be part of the audience. <b>Location: Watervliet Senior Center or via Zoom</b>
<b>Monday, July 12</b> 10 am	<b>SEATED TAP &amp; JAZZ</b> This activity will bring dancing in your seat to a whole new level! Learn tap and jazz foot moves while staying safely seated. Guaranteed to make you smile and maybe sweat a little. Non-rubber sole shoes preferred. <b>Location: Watervliet Senior Center or via Zoom</b>
<b>Wednesday, July 14</b> 1 pm	<b>BINGO</b> Join Mayor Patricelli as he pulls the numbers for an hour of BINGO fun. Crazy T, Round Robin, Letter X, Kite, Birthday Cake, Coverall and more. 1-2 cards and chips available. <b>Location: Watervliet Senior Center or via Zoom</b>
<b>Thursday, July 15 &amp; 29</b> 2 pm	<b>PAINT &amp; SIP WITH JOAN</b> Learn new techniques as you paint along with Joan. This fun and relaxed class consists of (2) one-hour sessions where you will work individually to create your own masterpiece. Artistic ability not required. Supplies included. <b>Location: Livingston School Apartments or via Zoom</b>
<b>Friday, July 16th</b> 10 am	<b>COOKING DEMO WITH KRISTYN BOPP</b> Learn to add more fruits, vegetables, nuts, beans and grains to your diet. Chef Kristyn will demonstrate a delicious recipe using easily available ingredients for a nutritious well-balanced dish. <b>Location: Cohoes Senior Center or via Zoom</b>
<b>July 21</b> 1 pm	<b>FALLS PREVENTION**</b> Learn about the Falls Talk Program™ that has been proven to help you stay independent & in your home. You will gain confidence, support & knowledge on keeping safe in your home. <b>Location: Watervliet Senior Center (not offered via Zoom)</b>
<b>July 26</b> 1 pm	<b>BOOK CLUB</b> <u>The Guernsey Literary &amp; Potato Peel Pie Society</u> authored by Mary Ann Shaffer & Annie Barrows. A NY Times Bestseller "A remarkable tale of the island of Guernsey during the German Occupation, and of a society as extraordinary as its name". <b>Location: Cohoes Senior Center or via Zoom</b>
<b>July 27</b> 10 am	<b>CARD MAKING</b> Create beautiful greeting cards with the help of talented card makers, Sheila, Nicky and Patti. Your friends will delight in the personal touch of a hand-crafted card. <b>Location: Cohoes Senior Center or via Zoom</b>

\* Registration is limited for the programs, be sure to call early to secure your spot.  
\* **Registration for the shaded dates is required & must occur one week prior to the class, in order to receive the needed supplies.**

\* I understand it is my responsibility to consult with a physician before participating in physical activity and release LifePath from liability for illness/injury related to my participation. I understand LifePath may take photos of me participating and give my permission for their use in marketing/social media. With my registration for any of these programs, I agree to the conditions.

\*\* This program has been sponsored in part by the Albany County Department for Aging, the NYS Department of Aging, and the Administration for Community Living.

### ONLINE LOG-IN DETAILS

Zoom Meeting ID: 862 0149 5261

Password: July

### TELEPHONE CALL-IN DETAILS

Phone Number: 929-205-6099

Meeting ID: 862 0149 5261

Passcode: 279910