

**Programs are FREE
but REGISTRATION may be REQUIRED***

**To register, please visit: 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				

Travel Log: Great Wall of China Monday, August 2 12:30 pm	Join us as we take a virtual trip to the Great Wall of China! Explore the history and hear from our local library director as she relays her travel experiences. Registration preferred, not required. Location: Watervliet Senior Center or via Zoom
Level-One Spanish Tuesdays 10 am 8/3, 8/10, 8/7, 8/24, 8/31	Have you always wanted to speak Spanish? Join Priscilla Oles as she teaches the basics of the Spanish language. Buena Suerte! Location: Watervliet Senior Center & via Zoom
Cards Club Every other Wednesday 10 am 8/4 & 8/18	Come out to play Spades & other card games. Old and new members welcome! Location: Westview Homes Community Room
Lunch & Learn: Medicare Prescription Affordability Wed, 8/4 12 pm: Watervliet Senior Center Thurs, 8/12 11:30 am: Westview Homes Tues, 8/17 12 pm: Cohoes Senior Center	Looking for ways to help lower your drug costs? Join LifePath and a NYS EPIC representative for an informative, in-person presentation and discover different programs that may be beneficial to you. To reserve lunch at Watervliet, contact Tim at 518-273-4422 To reserve lunch at Westview, contact Candace at 518-482-2120 To reserve lunch at Cohoes, contact Beth at 518-235-2420
DJ Bob Treffiletti Plays your Favorites Thursday, August 5 11:30 am	Bob Treffiletti, a celebrated DJ and entertainer of the Captial Region for over 35 years plays the greatest hits from every decade - join the fun! Location: Westview Homes Community Room Lunch must be reserved one day ahead, contact Candace at 518-482-2120
Falls Prevention Presentation Friday, August 6 10 am	Learn about FallsTalk, a program proven to help you remain safe and independent. Gain confidence, support and knowledge on keeping safe in your home. Location: via Zoom Sponsored by: Albany County Dept. for Aging, NYS Dept. of Aging, & ACL
Paint & Sip (2-Session Class) Friday, August 6 & 20 2 pm	Join us from the comfort of your home as Ernesto Molina LCAT instructs and guides you through the process of creating a self-expressive art masterpiece in two one-hour sessions. Registration Required. Location: via Zoom Sponsored by: Albany County CSI Grant
Seated Tap & Jazz Tuesdays, August 10 & 24 10am	This will bring dancing in your seat to a whole new level! Learn tap and jazz foot moves while staying safely seated on a chair. Guaranteed to make you smile (<i>and maybe sweat a little, too</i>). Location: Watervliet Senior Center or via Zoom
Music on the Patio: Terri Roben Trio Tuesday, August 10 1 pm	Come listen to the toe tapping vibes of the Terri Roben Trio outside on the patio (or inside in the event of inclement weather). Bring your own chair or call ahead to reserve a seat. Location: Cohoes Senior Center Patio Sponsored by: Albany Musicians Assoc. Local 14 & Ice Cream by CDPHP.

BINGO Wednesday, August 11 1 pm	Join our celebrity guest, Watervliet Councilwoman Barbara Diamond as she pulls the numbers for an hour of BINGO fun. Crazy T, Round Robin, Letter X, Kite, Birthday Cake, Coverall & more. 1-2 Cards & BINGO Chips. available. Location: Watervliet Senior Center
Seated Tai Chi w/Cheryl Hurd Thursdays, August 12 & 26 2 pm	Stretch your body through a series of movements designed to improve your alignment and release stress. No experience required. Registration preferred, not required Location: via Zoom Sponsored by CDPHP.
Play Reading Club (2 sessions) Fridays, August 13 & 27 9:30 am	"Our Town by Thornton Wilder" - Wilder's work about a small town in New Hampshire in the early 1900s is wonderfully written and lends itself to be an enjoyable dramatic reading. Be an actor in the storytelling or enjoy the show as an audience member! Location: Watervliet Senior Center or via ZOOM
Heart to Heart Live Performance Friday, August 13 11:30 am	Enjoy the musical performance by Bob Rizzo and Jan Mika! Location: Westview Homes Community Room Sponsor: Music Performance Trust Fund and Jim Clark Community Performance Fund, arranged by Albany Musicians Assoc. Local 14. Lunch must be reserved one day ahead, contact Candace at 518-482-2120
Cooking Demo with Kristyn Bopp Friday, August 20 10 am	Join Chef Kristyn as she demonstrates a delicious recipe using readily available ingredients for a nutritious well-balanced dish. Location: Cohoes Senior Center or via Zoom
End of Summer Festival Saturday, August 21 10 am - 3 pm	Party with LifePath & the Watervliet Public Library as we celebrate the end of summer at this fun festival! There will be vendors, food trucks, live music, sidewalk contests, a reptile petting zoo, and so much more! Registration not required. Location: Watervliet Senior Center and Library
Medicare 101: Presented by Janet Kiffney Thursday, August 26 10:30 am – 12:30pm	Are you confused about Medicare? Learn about the different parts of Medicare, enrollment periods and what you need to know to get started. To register, call Mary Ann Kelley at 518-280-4607. Location: Guilderland Senior Center (Western Turnpike)
23rd Annual Travers Wine & Craft Beverage Tasting Friday, August 27 6 pm - 10 pm <i>Must purchase tickets to attend</i>	Support LifePath at our largest fundraiser of the year - Wine, Craft Beer, Local Spirit Tasting - Live/Silent Auction - Raffle - Wine Pull - Live Music For more information or to register, visit www.lifepathny.org/travers . Location: The Lodge at the Saratoga Casino Hotel
Book Club: The Good Neighbor: The Life and Work of Fred Rogers (Pt.II) Monday, August 30 1 pm	This first full-length autobiography of Fred Rogers tells the story of this utterly unique and enduring American icon. He was a champion of compassion, equality and kindness. Registration Required. Location: Cohoes Senior Center or via Zoom
Card Making Tuesday, August 31 10 am	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. Registration Required. Location: Cohoes Senior Center or via Zoom
Memoir Writing with Paul Lamar Tuesday, August 31 10:30 am – 12:30 pm Session 1 of 5-Session Series (Weekly through September)	Who are you? Who were you? We'll discuss the challenges of writing about ourselves, read some good examples, & write short essays about our lives. For beginning & experienced writers. Registration required. Location: Watervliet Senior Center or via Zoom

- * Registration is limited for some programs, be sure to register early to secure your spot.
- * **Registration for the shaded dates is required & must occur one week prior to the class.**
- * 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.

ONLINE LOG-IN DETAILS

Zoom Meeting ID: 823 3375 4555
Password: August

TELEPHONE CALL-IN DETAILS

Phone Number: 929-205-6099
Meeting ID: 823 3375 4555
Passcode: 076769