

# September 2021 Activity Calendar

<b>CARDS CLUB</b> Wednesday - 9/1, 9/8, 9/15, 9/22, 9/29   10 am	Come out to play Spades and other card games! Old & new friends are welcome! <b>Location:</b> Westview Homes Community Room
<b>MEMOIR WRITING WITH PAUL LAMAR</b> Tuesday - 9/7, 9/14, 9/21, 9/28   10:30 am - 12 pm	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. <b>Location:</b> Watervliet Senior Center & Zoom <b>Sponsored by:</b> Albany County Department for Aging
<b>SEATED TAP &amp; JAZZ CLASS</b> Wednesday, September 8 & 22   10 am	This will bring dancing in your seat to a whole new level! Learn tap & jazz foot moves while staying safely seated on a chair. Guaranteed to make you smile & <i>maybe sweat a little, too!</i> <b>Location:</b> Watervliet Senior Center & Zoom
<b>SEATED TAI CHI WITH CHERYL HURD</b> Thursday, September 9 & 23   2 pm	Stretch your body through a series of movements designed to improve your alignment and release stress. No experience required. <b>Location:</b> Zoom   <b>Sponsored by:</b> CDPHP
<b>PLAY READING CLUB (2-SESSION SERIES)</b> Friday, September 10 & 24   9:30 am	"Twelve Angry Women" - Based on the Emmy award-winning TV show 'Twelve Angry Men!' When a young man is on trial for murder, 12 strangers come together to decide fate. Even though they have no ties to the young man, they all become quite connected to the experience. Come as a reader or a listener as we hear their story and discover if he is innocent or guilty! <b>Location:</b> Watervliet Senior Center & Zoom
<b>PAINT &amp; SIP (2-SESSION CLASS)</b> Friday, September 10 & 24   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. <b>Location:</b> via Zoom   <b>Sponsored by:</b> Albany County Department for Aging
<b>TRAVEL LOG: THE GREAT PYRAMIDS OF GIZA</b> Monday, September 13   12:30 pm	Come with us as we explore another treasure of the earth: The Pyramids of Giza! <b>Location:</b> Watervliet Senior Center or via Zoom
<b>FLOWER CAMP</b> Tuesday, September 14   12:45 pm	Join Michelle from Ambiance Florals as she teaches how to arrange a bouquet of flowers. <b>Location:</b> via Zoom   <b>Sponsored by:</b> Albany County Dept. for Aging
<b>MUSIC ON THE PATIO: "TUNE UPS"</b> Tuesday, September 14   1 pm	Enjoy the upbeat vibes of the duo performance the "Tune Ups" outside on the patio (rain location inside). Bring a chair or call ahead to reserve a seat. <b>Location:</b> Cohoes Senior Center Patio <b>Sponsored by:</b> Albany Musicians Assoc. Local 14 & CDPHP
<b>WII BOWLING TOURNAMENT</b> Wednesday, September 15 & 29   10:30 am	Bring your bowling skills and friends to the tournament and show us your competitive spirit! <b>Location:</b> Westview Homes Community Center
<b>CELEBRITY BINGO</b> Wednesday, September 15   1 pm	Join our celebrity guest, Chad O'Hare from the Breakfast Club on B95.5, 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 & BINGO chips available. <b>Location:</b> Watervliet Senior Center & Zoom
<b>COOKING DEMO WITH KRISTYN BOPP</b> Friday, September 17   10 am	Watch Chef Kristyn demonstrate a delicious recipe using readily available ingredients for a nutritious well-balanced dish. <b>Location:</b> Cohoes Senior Center & Zoom
<b>LIVE MUSIC AFTER LUNCH WITH TIM FARKAS</b> Wednesday, September 22   12:30 pm	Come for lunch at noon and stay for the cool strumming of guitarist Tim Farkas. Reservations for lunch must be made by Monday, September 20. <b>Location:</b> Cohoes Senior Center
<b>BOOK CLUB: THE HUSBANDS by Chandler Baker</b> Monday, September 27   1 pm	How does a contemporary woman have it all? A career, a family, a social life? When Nora Spangler and her family move into an exclusive suburban neighborhood, Nora starts to understand how high-powered career-oriented women can have it all. Mystery novel. <b>Location:</b> Cohoes Senior Center & Zoom
<b>Card Making</b> Tuesday, September 28   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. <b>Location:</b> Cohoes Senior Center & 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: 824 5636 8695  
 Password: September  
**TELEPHONE CALL-IN DETAILS**  
 Phone Number: 929-205-6099  
 Meeting ID: 824 5636 8695  
 Passcode: 908050711