



# January 2022 Activity Calendar

## HIGHLIGHTS

To locate the complete Activity Calendar and/or register visit

[www.lifepathny.org/all-events](http://www.lifepathny.org/all-events) or call 518-465-3322

Programs are FREE...REGISTRATION REQUIRED

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						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>Creative Writing with Gina</b> Monday(s), January 3, 10, 17, 24 & 31 10:30 am	Like to write short stories and poetry? Are you interested in creating new work? Join our local writer as we put our thoughts & stories down on paper. <b>Location:</b> Watervliet Senior Center & Zoom
<b>Weekly Chair Exercise</b> Wednesday(s), January 5, 12, 19, 26 1 pm	A weekly chair exercise class (11 chair exercises) to develop healthy routines, improve strength, cardiovascular health, mobility, and balance - all from the comfort and safety of a chair! <b>Location:</b> Westview Home Apartments
<b>New Year Celebration</b> Thursday, January 6   1 pm	Join us for a New Year celebration as we welcome 2022 with a party & music <b>Location:</b> Westview Home Apartments
<b>LifePath Time Machine: The Bells of Watervliet</b> Thursday, January 6   12:30 pm	Join us as we take a trip back in time to explore the iconic historical bells that reside in Watervliet! Take a look at the beautiful history in our backyard! <b>Location:</b> Watervliet Senior Center & Zoom
<b>Play Reading Club: Steel Magnolias</b> Friday(s), January 7 & 21   9:30 am	Join us as we read through an American classic: "Steel Magnolias" by Robert Harling. A comedy-drama about the bond among a group of Southern women in northwest Louisiana. Come as a reader or an audience member! <b>Location:</b> Watervliet Senior Center & Zoom
<b>Celebrity BINGO</b> Wednesday, January 12   1 pm	Join our mystery celebrity host as they pull the numbers for an hour of BINGO fun. Crazy T, Round Robin, Letter X, Kite, Birthday Cake, Coverall & more. 1-2 cards and chips available. <b>Location:</b> Watervliet Senior Center & Zoom
<b>Paint &amp; Sip (2-Session Series)</b> Thursday(s), January 13 & 20   1 pm	Limited Seating, registration required. <b>Location:</b> Westview Home Apt. & Zoom <b>Sponsored By:</b> Albany County Department for Aging
<b>Seated Tai Chi with Cheryl Hurd</b> Thursday(s), January 13 & 27   2 pm	Stretch your body through a series of movements designed to improve alignment and release stress. No experience required! <b>Location:</b> Senior Centers & Zoom   <b>Sponsored By:</b> CDPHP
<b>Beginner Foxy Dance Class</b> Friday, January 14 & 28   1 pm	Join us as we learn the basic moves and elements to dance around the floor to beautiful music! Masks and gloves will be provided. <b>Location:</b> Watervliet Senior Center
<b>Floral Design with Michele</b> Tuesday, January 18   1 pm	Join a floral design class with Michele from Ambiance Florals. Please bring scissors, small hand pruners, and a box to carry home your flowers. <b>Location:</b> Westview Home Apartments & Zoom <b>Sponsored By:</b> Albany County Department for Aging
<b>LifePath Book Club: BYOB to Book Club</b> Monday, January 24   1 pm	A different take on the LifePath Book Club. You choose your book to read this month and report on your selection. Tell us why we should read your book. You can read a new book or bring one of your favorites. <b>Location:</b> Cohoes Senior Center & Zoom
<b>Card Making with Nicky</b> Tuesday, January 25   10 am	Create lovely Valentine's day cards to share with friends and loved ones! <b>Location:</b> Cohoes Senior Center & Zoom

\* Registration is limited for some programs, be sure to register early to secure your spot.

\* 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: 858 5221 4544  
 Password: January  
**TELEPHONE CALL-IN DETAILS**  
 Phone Number: 929 205 6099  
 Meeting ID: 858 5221 4544  
 Passcode: 5994611