



April 2022 Activity Calendar

HIGHLIGHTS

To locate the complete Activity Calendar and/or register visit

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

Travel Log: Buckingham Palace Monday, April 4 12:30 pm	Join us as we explore the wondrous castle that is Buckingham Palace! The rich history and beautiful décor will truly surprise you! Location: Watervliet Senior Center & Zoom
Chair Yoga with Rosemarie Tuesday(s), April 5 & 19 10 am	Chair yoga builds muscle toning, reduced stress levels, better breathing habits, better sleep and an overall sense of well-being. Location: Watervliet Senior Center & Zoom
Mahjong! Wednesday(s), April 6, 13, 20 & 27 9 am	Join this wonderful, social group as they play through the timeless game Mahjong! Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Location: Watervliet Senior Center
Chess Club Wednesday(s), April 6, 13, 20 & 27 9:15 am	Join us as we play chess. Beginners are welcome and advanced players are welcome to play or teach others! Please bring an extra chess board if you have one. Location: Westview Home Apartments
BINGO! Wednesday(s), April 6, 20 & 27 1 pm	An hour of fun playing BINGO, Crazy T, Coverall, Postage Stamp, 4-Corners, & more. Location: Watervliet Senior Center & Zoom
Weekly Chair Exercise Wednesday(s), April 6, 13, 20 & 27 1 pm	Join us for a weekly chair exercise class (11 chair exercises) as we develop healthy routines, improve strength, cardiovascular health, mobility and balance. Location: Westview Home Apartments
FREE LIVE Music Performance Thursday, April 7 12:30 pm	The guitar and vocalist duo, "Carmen and Life's Guilty Pleasures" will play old favorites and a few original songs for you to sing along with or just listen to. <i>Arranged by Albany Musicians Association and grant funded by Music Performance Trust Fund.</i> Location: Westview Home Apartments
Play Reading Club "Red Velvet Cake Wars" Friday, April 8 & 22 9:30 am	This funny Southern-fried comedy is about three cousins who could not have picked a worse time to throw their family reunion. Their outrageous antics have delighted local gossips in the small town of Sweetgum! Come as an actor or member of the audience. Location: Watervliet Senior Center & Zoom
Drum Circle April 14, 19 & 21 Times Vary	Participants will have the opportunity to express themselves by playing a variety of drum and percussion instruments while connecting with others through the power of rhythm. Location: See registration form for details Sponsored by: Albany County Dept. For Aging
LIVE Music Performances at LifePath Lunch! April 22 & 28 12:30 pm	Enjoy LIVE music performances during your lunch! See registration form for band and music details. Location: Watervliet Senior Center (Must reserve lunch at least one day prior)
LifePath Book Club: Run Rose Run Monday, April 25 1 pm	A new book from best-selling, award-winning novelist James Patterson and beloved singer-songwriter Dolly Parton about a young woman finding her voice and creating her future in Nashville. Call Beth to receive a copy of the book, 518-235-2420 or email at bslezak@lifepathny.org Location: Cohoes Senior Center & Zoom
Third Age Achievement Awards April 29 11:30 am	For more information visit: www.lifepathny.org/fundraisers Location: Wolfert's Roost

* 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: 891 6298 2750

Password: April

TELEPHONE CALL-IN DETAILS

Phone Number: +1 929 205 6099

Meeting ID: 891 6298 2750

Passcode: 187021