



# May 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>Craft Corner with Irene</b><br>Monday, May 2   1 pm  | Bring a craft to work on and have wonderful conversation with this lively group of people. All levels of experience are welcome.<br><b>Location:</b> Westview Homes Community Room   |
| <b>BINGO</b><br>Wednesday, May 4, 18 & 25   1 pm  | Join us for an hour of BINGO fun with options to play rounds of Crazy T, Round Robin, Letter X, Kite & more. 2-3 cards per person and prizes available.<br><b>Location:</b> Westview Homes Community Room  |
| <b>Pool Crew</b><br>Friday(s), May 6, 13, 20 & 27   9 am  | Do you love to shoot pool but need a partner or opponent? Come over for a lively game on Friday mornings!<br><b>Location:</b> Cohoes Senior Center   |
| <b>Games &amp; More</b><br>Friday, May 6, 13, 20 & 27   1 pm  | Get ready for games and more!! Every Friday you can play all sorts of classics from Scrabble, Uno, Mexican Train Dominos, to Bridge. Enjoy time with others and challenge the mind!<br><b>Location:</b> Westview Homes Community Room  |
| <b>Drum Circle</b><br>May 9 - Westview Homes   1 pm<br>May 17 - Cohoes Senior Center   1 pm<br>May 23 - Watervliet Senior Center   1 pm | A drum circle is an opportunity to express oneself in a circle with no beginning or end with others. Join us as we explore together a combination of a facilitated drum circle and free-form. Learn and have fun. No experience is required.<br><b>Sponsored By:</b> Albany County Dept. for Aging   |
| <b>AARP - Driver Safety</b><br>Tuesday, May 10   9:30 am - 4 pm   | Instructor: Warren T Lavery - Please arrive 15 minutes early to expedite the check in process. \$25.00 for AARP members / \$30.00 for NON-AARP members. Payment by check (made out to AARP) is strongly preferred. If paying in cash, exact change is needed. Please bring to class your driver's license and, if member, AARP card. There will be a 30 minute lunch break and we recommend you bring your lunch or buy lunch at center, if available. Registration Phone Number: 518-235-2420.<br><b>Location:</b> Cohoes Senior Center |
| <b>Mystery Celebrity Bingo!</b><br>Wednesday, May 11   1 pm   | Join us as a special mystery celebrity host pulls the numbers for an hour of BINGO fun! Crazy T, Round Robin, Letter X & more. 2-3 cards and prizes available.<br><b>Location:</b> Watervliet Senior Center & Zoom   |
| <b>LifePath Time Machine: Creation of Time</b><br>Thursday, May 12   12:30 pm   | Join us as we explore the fascinating history of how "time" came to be.<br><b>Location:</b> Watervliet Senior Center & Zoom  |
| <b>Chair Tai Chi with Cheryl Hurd</b><br>Thursday(s), May 12 & 26   2 pm  | Find inner peace & strength while gently stretching and moving your limbs from the safety of a chair.<br><b>Location:</b> Cohoes Senior Center & Zoom   <b>Sponsored By:</b> CDPHP   |
| <b>Stuffed Pepper Fundraiser Dinner</b><br>Thursday, May 12   4:30 - 6:30 pm  | Dine in or drive through and help to raise funds to continue the programs and services at the Cohoes Senior Center. Visit <a href="http://www.lifepathny.org">www.lifepathny.org</a> for details.<br><b>Location:</b> Cohoes Senior Center   |
| <b>A Fond Farewell to Tim Frost Dinner Fundraiser &amp; Musical Performance</b><br>Friday, May 20   4:30 - 6:30 pm                      | Come enjoy a wonderful dinner as Watervliet's Site/Program Manager, Tim Frost performs some of Broadway and America's golden age classic favorites one last time with the wonderful Paul Lamar accompanying. Wonderful music for the whole family!! Eat in, or take out. Visit <a href="http://www.lifepathny.org">www.lifepathny.org</a> for more information.<br><b>Location:</b> Watervliet Senior Center   |

\* 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: 840 3946 9223

Password: May

### TELEPHONE CALL-IN DETAILS

Phone Number: +1 929 205 6099

Meeting ID: 840 3946 9223

Passcode: 790560