



Name: _____

Phone Number: _____

Email: _____

___ Berne ___ Cohoes ___ Livingston ___ Ohav ___ SMT ___ St. Matthew's ___ Watervliet ___ Westview ___ Wyman

OCTOBER 2023 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cohoes Sr. Cntr. (L) Ohav Sholom Apts. (D) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)	Town of Berne Sr. Cntr. (L) Cohoes Sr. Cntr. (L) Livingston School Apts. (D) South Mall Towers (D) Watervliet Sr. Cntr. (L) Westview Homes Apts. (L)	Cohoes Sr. Cntr. (L) Livingston School Apts. (D) Ohav Sholom Apts. (D) South Mall Towers (D) Watervliet Sr. Cntr. (L) Westview Homes Apts (L) Wyman Osterhout Com. Cntr. (L)	Cohoes Sr. Cntr. (L) Livingston School Apts. (D) St. Matthew's - Voorheesville (L) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)	Town of Berne Sr. Cntr. (L) Cohoes Sr. Cntr. (L) South Mall Towers (L) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)
2 A. Mac & Cheese B. Baked Fish	3 A. Chicken Cordon Bleu B. Baked Fish	4 A. Lemon Fish B. Baked Chicken C. Egg Salad Sandwich	5 A. Meatloaf with Gravy B. Baked Fish	6 A. American Goulash B. Baked Fish C. Chicken Salad Sandwich
9 A. Chicken Cacciatore B. Baked Fish	10 A. Lasagna Rollups B. Baked Chicken	11 A. Spanish Rice & Beans B. Baked Fish C. Tuna & Macaroni Salad	12 A. Roast Pork with Gravy B. Baked Fish	13 A. Baked Fish B. Baked Chicken C. BLT Pasta Salad
16 A. Penne with Meat Sauce B. Baked Fish	17 A. Herbed Chicken with Gravy B. Baked Fish	18 A. Roast Turkey with Gravy B. Baked Fish C. Meatloaf Sandwich	19 A. Mexican Beef Casserole B. Baked Fish	20 A. Meatless Baked Ziti B. Baked Fish C. Turkey Sandwich
23 A. Chicken Tetrazzini B. Baked Fish	24 A. Potato Crunch Fish B. Baked Chicken	25 A. BBQ Pulled Pork B. Baked Fish C. Chicken Salad Sandwich	26 A. Chicken Pesto Bake B. Baked Fish	27 A. Roast Beef with Gravy B. Baked Fish C. Egg Salad Sandwich
30 A. Cheeseburger B. Baked Fish	31 A. Ham & Bean Casserole B. Baked Fish			

Cohoes & Watervliet:
Lunch (L) 12 pm

All other locations:
Lunch (L) 11:30 am
Dinner (D) 4:30 pm

Once you are registered for a meal, you are welcome to attend a meal at any of the LifePath Community Dining locations. See reverse side for addresses.

This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging and the Administration for Community Living. All Albany County congregare meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregare meal program. Contributions are voluntary, confidential, and purely optional. All seniors are welcome and encouraged to attend our meal program. Please make a reservation to assure we have a meal available at the meal program you would like to attend. No one will be turned away due to an inability to make a contribution. **All meals are served with the appropriate starch, vegetable, dessert and milk.** Some items may be subject to last-minute substitution.



LIFEPATH COMMUNITY DINING LOCATIONS

To reserve a meal, please call or email by 1 pm the day before by using the contact information below. While the dining room opens one hour prior to the meal, many of our Centers are open earlier for programming and socialization opportunities stop by earlier to participate and make a new friend!

- **TOWN OF BERNE COMMUNITY & SENIOR SERVICES CENTER**
1360 Helderberg Trail | Berne, NY 12023 | 518-465-3322 | mow@lifepathny.org
Lunch is served on Tuesday & Friday at 11:30 am
- **COHOES SENIOR CENTER**
10 Cayuga Plaza | Cohoes, NY 12047 | 518-235-2420 | cohoes@lifepathny.org
Lunch is served Monday – Friday at 12:00 pm
- **LIVINGSTON SCHOOL APARTMENTS**
315 Northern Blvd. | Albany, NY 12210 | 518-465-3322 | mow@lifepathny.org
Dinner is served on Tuesday, Wednesday & Thursday at 4:30 pm
- **OHAV SHOLOM APARTMENTS**
115 Krumkill Road | Albany, NY 12208 | 518-465-3322 | mow@lifepathny.org
Dinner is served on Monday & Wednesday at 4:30 pm
- **SOUTH MALL TOWERS**
101 South Pearl Street | Albany, NY 12207 | 518-465-3322 | mow@lifepathny.org
Dinner is served on Tuesday & Wednesday at 4:30 pm — Lunch is served on Friday at 11:30 am
- **ST. MATTHEW'S CHURCH (VOORHEESVILLE)**
25 Mountainview Street | Voorheesville, NY 12186 | 518-439-9038 | mow@lifepathny.org
Lunch is served on Thursday at 11:30 am
- **WATERVLIET SENIOR CENTER**
1501 Broadway | Watervliet, NY 12189 | 518-273-4422 | watervliet@lifepathny.org
Lunch is served Monday – Friday at 12:00 pm
- **WESTVIEW HOMES**
680 Central Ave. | Albany, NY 12206 | 518-482-2120 | westview@lifepathny.org
Lunch is served Monday – Friday at 12:00 pm
- **WYMAN OSTERHOUT COMMUNITY CENTER (NEW SALEM)**
7 The Old Road | Voorheesville, NY 12186 | 518-439-9038 | mow@lifepathny.org
Lunch is served on Wednesday at 11:30 am