



Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

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

## NOVEMBER 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)
		<b>1</b> A. Tuna Noodle Casserole B. Baked Chicken C. Meatloaf Sandwich	<b>2</b> A. Shepherd's Pie B. Baked Fish	<b>3</b> A. Chicken with Orange Glaze B. Baked Fish C. Meatloaf
<b>6</b> A. Mac & Cheese B. Baked Fish	<b>7</b> A. Chicken Cordon Bleu B. Baked Fish	<b>8</b> A. Lemon Fish B. Baked Chicken C. Egg Salad Sandwich	<b>9</b> A. Meatloaf with Gravy B. Baked Fish	<b>10</b> A. American Goulash B. Baked Fish C. Chicken Salad
<b>13</b> A. Chicken Cacciatore B. Baked Fish	<b>14</b> A. Lasagna Rollups B. Baked Chicken	<b>15</b> A. Spanish Rice & Beans B. Baked Fish C. Baked Chicken	<b>16</b> A. Roast Pork with Gravy B. Baked Fish	<b>17</b> A. Baked Fish B. Baked Chicken C. BLT Pasta Salad
<b>20</b> A. Penne with Meat Sauce B. Baked Fish	<b>21</b> A. Herbed Chicken with Gravy B. Baked Fish	<b>22</b> A. Roast Turkey with Gravy B. Baked Fish C. Meatloaf Sandwich	 <p>All Centers will be closed in observance of the Thanksgiving Holiday</p>	
<b>27</b> A. Chicken Tetrazzini B. Baked Fish	<b>28</b> A. Potato Crunch Fish B. Baked Chicken	<b>29</b> A. BBQ Pulled Pork B. Baked Fish C. Chicken Salad Sandwich	<b>30</b> A. Chicken Pesto Bake 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, simply call or email us before 1 pm the day prior using the contact information provided below. Our dining rooms open one hour before the meal, and at many of our Centers, you'll find opportunities for programs and socialization even earlier. Feel free to drop by sooner to engage in activities and make new friends!

### **TOWN OF BERNE COMMUNITY & SENIOR SERVICES CENTER**

1360 Helderberg Trail • Berne, NY 12023 • 518-465-6465 • [mow@lifepathny.org](mailto:mow@lifepathny.org)  
Lunch served at 11:30 a.m. on Tuesday's & Friday's

### **COHOES SENIOR CENTER**

10 Cayuga Plaza • Cohoes, NY 12047 • 518-235-2420 • [cohoes@lifepathny.org](mailto:cohoes@lifepathny.org)  
Lunch served at 12 p.m. - Monday – Friday

### **LIVINGSTON SCHOOL APARTMENTS**

315 Northern Blvd. • Albany, NY 12210 • 518-465-3322 • [mow@lifepathny.org](mailto:mow@lifepathny.org)  
Dinner served at 4:30 p.m. on Tuesday, Wednesday & Thursday's

### **OHAV SHOLOM APARTMENTS**

115 Krumkill Road • Albany, NY 12208 • 518-465-3322 • [mow@lifepathny.org](mailto:mow@lifepathny.org)  
Dinner served at 4:30 p.m. on Monday & Wednesday's

### **SOUTH MALL TOWERS**

101 South Pearl Street • Albany, NY 12207 • 518-465-3322 • [mow@lifepathny.org](mailto:mow@lifepathny.org)  
Dinner served at 4:30 p.m. on Tuesday & Wednesday's — Lunch served at 11:30 a.m. on Friday's

### **ST. MATTHEW'S CHURCH (VOORHEESVILLE)**

25 Mountainview Street • Voorheesville, NY 12186 • 518-439-9038 • [mow@lifepathny.org](mailto:mow@lifepathny.org)  
Lunch served at 11:30 a.m. on Thursday's

### **WATERVLIET SENIOR CENTER**

1501 Broadway • Watervliet, NY 12189 • 518-273-4422 • [watervliet@lifepathny.org](mailto:watervliet@lifepathny.org)  
Lunch served at 12 p.m. - Monday – Friday

### **WESTVIEW HOMES**

680 Central Ave. • Albany, NY 12206 • 518-482-2120 • [westview@lifepathny.org](mailto:westview@lifepathny.org)  
Lunch served at 11:30 a.m. - Monday – Friday

### **WYMAN OSTERHOUT COMMUNITY CENTER (NEW SALEM)**

7 The Old Road • Voorheesville, NY 12186 • 518-439-9038 • [mow@lifepathny.org](mailto:mow@lifepathny.org)  
Lunch served at 11:30 a.m. on Wednesday's