



Name: _____

Phone Number: _____

Email: _____

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

MARCH 2024 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)
				1 A. MACARONI & CHEESE B. BAKED FISH C. EGG SALAD SANDWICH
4 A. CHICKEN BROCCOLI ALFREDO B. BAKED FISH	5 A. SWISS CHEESEBURGER B. BAKED FISH	6 A. ROAST PORK WITH GRAVY B. BAKED FISH C. ROAST BEEF SANDWICH	7 A. PEPPER STEAK B. BAKED FISH	8 A. BAKED FISH B. BAKED CHICKEN C. BLT PASTA SALAD WITH CHICKEN
11 A. AMERICAN GOULASH B. BAKED FISH	12 A. LEMON HERB BAKED CHICKEN B. BAKED FISH	13 A. SALISBURY STEAK w/ MUSHROOM GRAVY B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH	14 A. BAKED HAM WITH CRUSHED PINEAPPLE B. BAKED FISH	15 A. POTATO CRUNCH FISH B. BAKED CHICKEN C. EGG SALAD SANDWICH
18 A. MEATBALLS WITH MARINARA B. BAKED FISH	19 A. LASAGNA ROLLS UPS B. BAKED FISH	20 A. SPANISH RICE B. BAKED FISH C. TURKEY SANDWICH	21 A. CHICKEN MARSALA B. BAKED FISH	22 A. BBQ PULLED PORK B. BAKED FISH C. ROAST BEEF & SWISS CHEESE SANDWICH
25 A. SEAFOOD MACARONI & CHEESE B. BAKED CHICKEN	26 A. SLOPPY JOE B. BAKED FISH	27 A. ROAST TURKEY WITH GRAVY B. BAKED FISH C. COTTAGE CHEESE WITH PINEAPPLE	28 A. SAUSAGE & PEPPERS B. BAKED FISH	29 A. SWEDISH MEATBALLS WITH GRAVY B. BAKED CHICKEN C. SEAFOOD SALAD PLATE

Cohoes & Watervliet:
Lunch (L) 12 pm

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

Upon registration for a meal, you are free to attend a meal at any of the LifePath Community Dining locations. Please refer to the reverse side for addresses.

The Congregate Dining Program is partially funded by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. A suggested contribution of \$3.00 is welcomed for all Albany County congregare meal programs. Your contributions are crucial in supporting and expanding the congregare meal program. They are voluntary, confidential, and entirely optional. We invite and encourage all seniors to participate in our meal program. To ensure a meal is available at your preferred program, kindly make a reservation. No one will be turned away due to an inability to contribute. Our meals include an appropriate serving of starch, vegetables, dessert, and milk. Please note that 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
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
Lunch served at 12 p.m. - Monday – Friday

LIVINGSTON SCHOOL APARTMENTS

315 Northern Blvd. • Albany, NY 12210 • 518-465-3322 • 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
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
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
Lunch served at 11:30 a.m. on Thursday's

WATERVLIET SENIOR CENTER

1501 Broadway • Watervliet, NY 12189 • 518-273-4422 • 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
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
Lunch served at 11:30 a.m. on Wednesday's