

## NOVEMBER 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) Westerlo Town Hall (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. Citrus Marinated Chicken B. Baked Fish C. Chicken Waldorf Salad with Walnuts
<b>4</b> A. Mac & Cheese B. Baked Fish	↓ ↓ ↓ A. Chicken Cordon Bleu B. Baked Fish	<b>6</b> A. Lemon Garlic Fish B. Baked Chicken C. Egg Salad Sandwich	<b>7</b> A. Meatloaf with Gravy B. Baked Fish	<b>8</b> A. American Goulash B. Baked Fish C. Chicken Salad Sandwich
<b>11</b> A. Chicken Cacciatore B. Baked Fish	<b>12</b> A. Lasagna Roll Ups B. Baked Fish	<b>13</b> A. Spanish Rice with Beans B. Baked Fish C. Tuna Macaroni Salad	<b>14</b> A. Roast Pork with Gravy B. Baked Fish	<b>15</b> A. Baked Fish with Lemon Herb Sauce B. Baked Chicken C. Chicken B.L.T. Pasta Salad
<b>18</b> A. Penne with Meat Sauce B. Baked Fish	<b>19</b> A. BBQ Pulled Chicken B. Baked Fish	<b>20</b> A. BBQ Pulled Pork B. Baked Fish C. Roast Beef Sandwich	<b>21</b> A. Mexican Beef & Rice Casserole with Beans B. Baked Fish	<b>22</b> A. Meatless Baked Ziti B. Baked Fish C. Turkey Sandwich
<b>25</b> A. Chicken Tetrazzini B. Baked Fish	<b>26</b> A. Potato Crunch Fish B. Baked Chicken	<b>27</b> A. Turkey with Gravy B. Baked Fish C. Chicken Salad Sandwich		

**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.

Our 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. We suggest a contribution of \$3.00 for all Albany County congregate meal programs. Your contributions are crucial in supporting and expanding the program, though 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, please 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](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

### **WESTERLO TOWN HALL**

933 County Route 401 • Westerlo, NY 12193 • 518-797-3111 x 1014  
Lunch served at 11:30 a.m. on Thursday's

### **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