



Name: _____

Phone Number: _____

Email: _____

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

JANUARY 2025 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)
		<p>LIFEPATH WILL BE CLOSED IN OBSERVANCE OF <i>New Year's Day</i> 2025</p>	2 A. Chicken Tetrazzini B. Baked Fish	3 A. Lemon Oregano Fish B. Baked Chicken C. Egg Salad Sandwich
6 A. Lasagna Roll-Ups B. Baked Fish	7 A. Potato Crunch Fish B. Baked Chicken	8 A. BBQ Pulled Pork B. Baked Fish C. Cottage Cheese with Pineapple	9 A. Meatloaf with Gravy B. Baked Fish	10 A. Cheese Tortellini B. Baked Fish C. Chicken Salad Sandwich
13 A. Macaroni & Cheese B. Baked Fish	14 A. Spinach Beef Macaroni Bake B. Baked Fish	15 A. Honey Mustard Chicken B. Baked Fish C. Roast Beef Sandwich	16 A. Roast Beef with Gravy B. Baked Fish	17 A. Lemon Garlic Fish B. Baked Chicken C. Seafood Salad Sandwich
<p>LIFEPATH WILL BE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY JANUARY 20, 2025</p>	21 A. Ham & Bean Casserole B. Baked Fish	22 A. Roast Pork with Gravy B. Baked Fish C. Swiss Cheese Sandwich	23 A. Shepard's Pie B. Baked Fish	24 A. Swiss Cheeseburger B. Baked Fish C. BLT Pasta Salad with Chicken
27 A. Chili Con Carne B. Baked Fish	28 A. Chicken & Rice B. Baked Fish	29 A. Tuna Noodle Casserole B. Baked Chicken C. Turkey Sandwich	30 A. Roast Pork with Raspberry Glaze B. Baked Fish	31 A. Meatless Baked Ziti B. Baked Fish C. Curry 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
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

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
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