




Name: _____

Phone Number: _____

Email: _____

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

FEBRUARY 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)
3 A. Penne Pasta with Meat Sauce B. Baked Fish	4 A. BBQ Chicken B. Baked Fish	5 A. Mexican Beef & Rice Casserole B. Baked Chicken C. Tuna Salad Sandwich	6 A. Chicken Tetrazzini B. Baked Fish	7 A. Lemon Oregano Fish B. Baked Chicken C. Egg Salad Sandwich
10 A. Lasagna Roll-Ups B. Baked Fish	11 A. Potato Crunch Fish B. Baked Chicken	12 A. BBQ Pulled Pork B. Baked Fish C. Cottage Cheese with Pineapple	13 A. Meatloaf with Gravy B. Baked Fish	14 A. Cheese Tortellini B. Baked Fish C. Chicken Salad Sandwich
 LIFEPATH IS CLOSED IN OBSERVANCE OF PRESIDENTS DAY FEBRUARY 17, 2025	18 A. Spinach Beef Macaroni Bake B. Baked Fish	19 A. Honey Mustard Chicken B. Baked Fish C. Roast Beef Sandwich	20 A. Roast Beef with Gravy B. Baked Fish	21 A. Lemon Garlic Fish B. Baked Chicken C. Seafood Salad Sandwich
24 A. Chicken Caccitore B. Baked Fish	25 A. Ham & Bean Casserole B. Baked Fish	26 A. Roast Pork with Gravy B. Baked Fish C. Swiss Cheese Sandwich	27 A. Shepard's Pie B. Baked Fish	28 A. Swiss Cheeseburger B. Baked Fish C. BLT Pasta Salad with Chicken

2025 Center Events & Fundraisers

Keep an eye out for more information about our:

themed dinners, senior picnics, dinner theatres, mini expos and so much more!!

Follow @LifePathNY or visit lifepathny.org to stay up to date!



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