



Name: _____

Phone Number: _____

Email: _____

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

MARCH 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. Chicken Broccoli Alfredo B. Baked Fish	4 A. Swiss Cheeseburger B. Baked Fish	5 A. Roast Pork with Gravy B. Baked Fish C. Roast Beef Sandwich	6 A. Pepper Steak B. Baked Fish	7 A. Baked Fish with Tartar Sauce B. Baked Chicken C. Chicken Salad
10 A. American Goulash B. Baked Fish	11 A. Chicken & Rice B. Baked Fish	12 A. Penne Pasta with Meat Sauce B. Baked Fish C. Curry Chicken Salad Sandwich	13 A. Ham & Bean Casserole B. Baked Fish	14 A. Tuna Noodle Casserole B. Baked Chicken C. Egg Salad Sandwich
17 A. Chili Con Carne B. Baked Fish	18 A. Lasagna Roll Ups B. Baked Fish	19 A. Spanish Rice B. Baked Fish C. Turkey Sandwich	20 A. Chicken Marsala B. Baked Fish	21 A. BBQ Pulled Pork B. Baked Fish C. Roast Beef & Swiss Sandwich
24 A. Seafood Mac & Cheese B. Baked Chicken	25 A. Sloppy Joe B. Baked Fish	26 A. Roast Turkey with Gravy B. Baked Fish C. Cottage Cheese with Pineapple	27 A. Penne with Sausage, Peppers & Onions B. Baked Fish	28 A. Swedish Meatballs B. Baked Chicken C. Seafood Salad Plate
31 A. Lemon Garlic Fish B. Baked Chicken				

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 congregare 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