

Lunch Served Daily

Monday to Friday
at 12:00 p.m.
Suggested contribution
\$3.00 for over 60 adults
Reservations required

CENTER OPEN
MON – FRI
9 a.m. to 4 p.m.

10 Cayuga Plaza
Cohoes, NY 12047

518-235-2420

www.lifepathny.org

Programs are partially funded by
Albany County Dept. for Aging,
NYS Office for the Aging,
And the U.S. Administration on
Aging



Monday	Tuesday	Wednesday	Thursday	Friday
 <h3>St Patrick's Dinner with Live Entertainment</h3> <h4>March 12, 2025</h4> <p>Tickets available at the Center front desk or online LIFEPATHNY.ORG/COHOESFUNDRAISER</p> 				
<p>10:00 Line Dancing w/chair exercise 12:00 LUNCH 1:00 Monday Mah-Jongg</p> <p style="text-align: right;">3</p>	<p>10:00 Gentle Tai Chi 10:30 Chat Group w/ Emma 12:00 LUNCH 12:45 Music BINGO w/ Eddy SeniorCare</p> <p style="text-align: right;">4</p>	<p>10:00 UFOs knit/crochet 12:00 LUNCH 12:00 Beau-knitters 1:30 Communion 2:30 Veggie Mobile</p> <p style="text-align: right;">5</p>	<p>10:00 Walk for Better Fitness 12:00 LUNCH Dine & Dab BINGO</p> <p style="text-align: right;">6</p>	<p>9:00 Pool Crew 10:00 Get the Lead Out 12:00 LUNCH 12:45 Seated Yoga</p> <p style="text-align: right;">7</p>
<p>Spirit Week—Sport Team 10:00 Line Dancing w/chair exercise 12:00 LUNCH 1:00 Monday Mah-Jongg</p> <p style="text-align: right;">10</p>	<p>Spirit Week—Hat Day 10:00 Gentle Tai Chi 10:30 Chat Group w/ Emma 12:00 LUNCH</p> <p style="text-align: right;">11</p>	<p>Spirit Week—Scrabble 10:00 UFOs knit/crochet 12:00 LUNCH 12:00 Beau-knitters 1:30 Communion 2:30 Veggie Mobile</p> <p style="text-align: right;">12</p>	<p>Spirit Week—Flannel 10:00 Walk for Better Fitness 12:00 LUNCH Dine & Dab BINGO</p> <p style="text-align: right;">13</p>	<p style="text-align: center;">Valentines Day</p> <p>9:00 Pool Crew 10:00 Get the Lead Out 12:00 LUNCH 12:45 Seated Yoga</p> <p style="text-align: right;">14</p>
<p> PRESIDENTS DAY</p> <p>10:00 Line Dancing w/chair exercise 12:00 LUNCH 1:00 Monday Mah-Jongg</p> <p style="text-align: right;">17</p>	<p>10:00 Gentle Tai Chi 10:30 Chat Group w/ Emma 12:00 LUNCH 1:00 Monday Mah-Jongg</p> <p style="text-align: right;">18</p>	<p>10:00 UFOs knit/crochet 12:00 LUNCH 12:00 Beau-knitters 1:30 Communion 2:30 Veggie Mobile</p> <p style="text-align: right;">19</p>	<p>9:00 AARP Driver Safety 10:00 Walk for Better Fitness 12:00 LUNCH Dine & Dab BINGO</p> <p style="text-align: right;">20</p>	<p>9:00 Pool Crew 10:00 Get the Lead Out 10:30 JSY to Fruits & Veg Cooking Demo 12:00 LUNCH 12:45 Seated Yoga</p> <p style="text-align: right;">21</p>
<p>10:00 Line Dancing w/chair exercise 12:00 LUNCH 1:00 Monday Mah-Jongg</p> <p style="text-align: right;">24</p>	<p>10:00 Gentle Tai Chi 10:30 Chat Group 12:00 Birthday Lunch 12:30 Lunch & Learn TBA...</p> <p style="text-align: right;">25</p>	<p>10:00 UFOs knit/crochet 12:00 LUNCH 12:00 Beau-knitters 1:30 Communion 2:30 Veggie Mobile</p> <p style="text-align: right;">26</p>	<p>10:00 Walk for Better Fitness 12:00 LUNCH Dine & Dab BINGO</p> <p style="text-align: right;">27</p>	<p>9:00 Pool Crew 10:00 Get the Lead Out 12:00 LUNCH 12:45 Seated Yoga</p> <p style="text-align: right;">28</p>