

COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

February 2025

Lunch Served Daily

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



10:00 Line Dancing

12:00 LUNCH

w/chair exercise

1:00 Monday Mah-Jongg

Monday

St Patrick's Dinner with Live Entertainment March 12, 2025

Wednesday

Tickets available at the Center front desk or online LIFEPATHNY.ORG/COHOESFUNDRAISER

10:00 UFOs knit/crochet

12:00 LUNCH

12:00 Beau-knitters

1:30 Communion

2:30 Veggie Mobile



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Friday

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







10:00 Line Dancing w/chair exercise 12:00 LUNCH 1:00 Monday Mah-Jongg	10:00 Gentle Tai Chi 10:30 Chat Group w/ Emma 12:00 LUNCH 12:45 Music BINGO w/ Eddy SeniorCare
10	11
Spirit Week—Sport Team	Spirit Week—Hat Day

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Spirit Week—Hat Day	
10:00 Gentle Tai Chi	
10:30 Chat Group	
w/ Emma	
12:00 LUNCH	

Tuesday





10:00 Walk for Better

Fitness

Dine & Dab BINGO

12:00 LUNCH

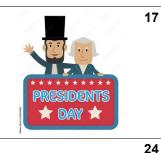
Thursday



9:00 Pool Crew 10:00 Get the Lead Out

12:45 Seated Yoga

12:00 LUNCH



10:30 Chat Group w/ Emma 12:00 LUNCH 1:00 Monday Mah-Jongg

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10:00 Gentle Tai Chi

10:00 UFOs knit/crochet
12:00 LUNCH
12:00 Beau-knitters
1:30 Communion
2:30 Veggie Mobile

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9:00 AARP Driver Safety 10:00 Walk for Better Fitness 12:00 LUNCH Dine & Dab BINGO 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

10:00 Line Dancing w/chair exercise 12:00 LUNCH

1:00 Monday Mah-Jongg

10:00 Gentle Tai Chi 10:30 Chat Group 12:00 Birthday Lunch 12:30 Lunch & Learn TBA... 10:00 UFOs knit/crochet
12:00 LUNCH
12:00 Beau-knitters
1:30 Communion
2:30 Veggie Mobile

10:00 Walk for Better Fitness 12:00 LUNCH Dine & Dab BINGO

9:00 Pool Crew 10:00 Get the Lead Out 12:00 LUNCH 12:45 Seated Yoga