

**LIFEPATH
AT
WATERVLIET**

WATERVLIET SENIOR CENTER
1501 BROADWAY, WATERVLIET NY 518-273-4422
FEBRUARY 2025

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
10 a.m. to 2 p.m.



1501 Broadway
Watervliet, NY 12189

518-273-4422

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
<p>3</p> <p>10:00 Pool Crew 10:30 Chair Yoga 11:00-12:30 HEAP Assistance (Rachel) 12:00 LUNCH</p>	<p>4</p> <p>10:00 Pool Crew 10:00 Knit Wits 10:00 Diamond Dots 12:00 LUNCH 12:30 Cannonaires Chorale Practice</p>	<p>5</p> <p>10:00 Pool Crew 10:00 Mahjong 12:00 LUNCH 1:00 Bingo</p>	<p>6</p> <p>10:00 Pool Crew 10:00 Card-making with Patti 12:00 LUNCH 12:45 Identity Theft (Kim, NYS Div. of Consumer Protection)</p>	<p>7</p> <p>10:00 Pool Crew 10:30 Just Say Yes to Fruits & Vegetables 12:00 LUNCH 12:45 Game of Choice</p>
<p>10</p> <p>10:00 Pool Crew 10:30 Chair Yoga 12:00 LUNCH 12:45 Activities with JoAnn (Eddy Senior Care/PACE)</p>	<p>11</p> <p>10:00 Pool Crew 10:00 Knit Wits 10:00 Diamond Dots 12:00 LUNCH 12:30 Cannonaires Chorale Practice</p>	<p>12</p> <p>10:00 Pool Crew 10:00 Mahjong 12:00 LUNCH 1:00 Bingo</p>	<p>13</p> <p>10:00 Pool Crew 12:00 LUNCH</p>	<p>14</p> <p>10:00 Pool Crew 12:00 LUNCH 12:45 Game of Choice</p> 
 <p>17</p>	<p>18</p> <p>10:00 Pool Crew 10:00 Knit Wits 10:00 Diamond Dots 12:00 LUNCH 12:30 Cannonaires Chorale Practice</p>	<p>19</p> <p>10:00 Pool Crew 10:00 Mahjong 11:30-1:00 Brittany, MVP Healthcare Medicare Info 12:00 LUNCH 1:00 Bingo</p>	<p>20</p> <p>10:00 Pool Crew 10:00 Card-making with Patti 12:00 LUNCH 1:00 Crafts with Patti</p>	<p>21</p> <p>10:00 Pool Crew 12:00 LUNCH 12:45 Game of Choice</p>
<p>24</p> <p>10:00 Pool Crew 10:30 Chair Yoga 12:00 LUNCH</p>	<p>25</p> <p>10:00 Pool Crew 10:00 Knit Wits 10:00 Diamond Dots 12:00 LUNCH 12:30 Cannonaires Chorale Practice</p>	<p>26</p> <p>10:00 Pool Crew 10:00 Mahjong 12:00 LUNCH 1:00 Celebrity Bingo</p>	<p>27</p> <p>10:00 Pool Crew 12:00 LUNCH 12:45 Healthy Living for Your Brain & Body (Alzheimer's Assoc.)</p>	<p>28</p> <p>10:00 Pool Crew 12:00 LUNCH 12:30 Game of Choice/Friday Afternoon Movie</p>
