

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Served Daily</b> Monday to Friday at 12:00 p.m.</p> <p>Suggested contribution of \$3.00 for Albany County residents 60+.</p> <p>Reservations required</p> <p><b>CENTER HOURS</b> MON – FRI 9 a.m. to 4 p.m.</p> <p>10 Cayuga Plaza Cohoes, NY 12047</p> <p><b>518-235-2420</b> www.lifepathny.org</p>	<p><b>3</b></p> <p>10:00 Line Dancing w/chair exercise <b>12:00 LUNCH</b> 1:00 Monday Mah-Jongg</p>	<p><b>4</b></p> <p>10:00 Gentle Tai Chi <b>10:30 Chat Group</b> w/ Emma <b>12:00 LUNCH</b></p>	<p><b>5</b></p> <p>10:00 UFOs knit/crochet <b>12:00 LUNCH</b> 12:00 Beau-knitters 1:00 Samba Canasta 1:30 Communion 2:30 Veggie Mobile</p>	<p><b>6</b></p> <p>10:00 Walk for Better Fitness <b>12:00 LUNCH</b> Dine &amp; Dab BINGO 12:45 Make &amp; Take Craft w/Eddy Senior Care</p>	<p><b>7</b></p> <p>9:00 Pool Crew 10:00 Get the Lead Out <b>12:00 LUNCH</b> 12:45 Seated Yoga</p>
	<p><b>10</b></p> <p>10:00 Line Dancing w/chair exercise <b>12:00 LUNCH</b> 1:00 Monday Mah-Jongg</p>	<p><b>11</b></p> <p>10:00 Gentle Tai Chi <b>10:30 Chat Group</b> w/ Emma <b>12:00 LUNCH</b></p>	<p><b>12</b></p> <p><b>All the Wednesday Activities plus!</b> <b>5:00 St Patrick's Benefit Dinner w/ Live Irish Entertainment</b></p>	<p><b>13</b></p> <p><b>9:00 AARP Driver Safety</b> 10:00 Walk for Better Fitness <b>12:00 LUNCH</b> Dine &amp; Dab BINGO</p>	<p><b>14</b></p> <p>9:00 Pool Crew 10:00 Get the Lead Out <b>10:30 JSY to Fruits &amp; Veg Cooking Demo</b> <b>12:00 LUNCH</b> 12:45 Seated Yoga</p>
	<p><b>17</b></p> <p>10:00 Line Dancing w/chair exercise <b>12:00 LUNCH</b> 1:00 Monday Mah-Jongg</p>	<p><b>18</b></p> <p>10:00 Gentle Tai Chi <b>10:30 Chat Group</b> w/ Emma <b>12:00 LUNCH</b></p>	<p><b>19</b></p> <p>10:00 UFOs knit/crochet <b>12:00 LUNCH</b> 12:00 Beau-knitters 1:00 Samba Canasta 1:30 Communion 2:30 Veggie Mobile</p>	<p><b>20</b></p> <p>10:00 Walk for Better Fitness <b>12:00 LUNCH</b> Dine &amp; Dab BINGO</p>	<p><b>21</b></p> <p>9:00 Pool Crew 10:00 Get the Lead Out <b>12:00 LUNCH</b> 12:45 Seated Yoga</p>
	<p><b>24</b></p> <p>10:00 Line Dancing w/chair exercise <b>12:00 LUNCH</b> 1:00 Monday Mah-Jongg</p>	<p><b>25</b></p> <p>10:00 Gentle Tai Chi <b>10:30 Chat Group</b> <b>12:00 Birthday Lunch</b> <b>12:30 Lunch &amp; Learn</b> <b>Alz Assoc: 10 Signs of Dementia</b></p>	<p><b>26</b></p> <p>10:00 UFOs knit/crochet <b>12:00 LUNCH</b> 12:00 Beau-knitters 1:00 Samba Canasta 1:30 Communion 2:30 Veggie Mobile</p>	<p><b>27</b></p> <p>10:00 Walk for Better Fitness <b>12:00 LUNCH</b> Dine &amp; Dab BINGO</p>	<p><b>28</b></p> <p>9:00 Pool Crew 10:00 Get the Lead Out <b>12:00 LUNCH</b> 12:45 Seated Yoga</p>
	<p><b>31</b></p> <p>10:00 Line Dancing w/chair exercise <b>12:00 LUNCH</b> 1:00 Monday Mah-Jongg</p>	<p><b>St Patrick's Dinner with Live Entertainment</b> <b>March 12, 2025</b> Tickets available at the Center front desk or online <b>LIFEPATHNY.ORG/COHOESFUNDRAISER</b></p>			