

COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

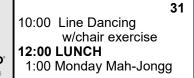
MARCH 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Served Daily Monday to Friday at 12:00 p.m. Suggested contribution of \$3.00 for Albany County residents 60+.	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	10:00 UFOs knit/crochet 12:00 LUNCH 12:00 Beau-knitters 1:00 Samba Canasta 1:30 Communion 2:30 Veggie Mobile	10:00 Walk for Better Fitness 12:00 LUNCH Dine & Dab BINGO 12:45 Make & Take Craft w/Eddy Senior Care	9:00 Pool Crew 10:00 Get the Lead Out 12:00 LUNCH 12:45 Seated Yoga
Reservations required CENTER HOURS MON – FRI 9 a.m. to 4 p.m.	10:00 Line Dancing w/chair exercise 12:00 LUNCH 1:00 Monday Mah-Jongg	11 10:00 Gentle Tai Chi 10:30 Chat Group w/ Emma 12:00 LUNCH	All the Wednesday Activities plus! 5:00 St Patrick's Benefit Dinner w/ Live Irish Entertainment	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 Cayuga Plaza Cohoes, NY 12047 518-235-2420 www.lifepathny.org	17 10:00 Line Dancing w/chair exercise 12:00 LUNCH 1:00 Monday Mah-Jongg	18 10:00 Gentle Tai Chi 10:30 Chat Group w/ Emma 12:00 LUNCH	19 10:00 UFOs knit/crochet 12:00 LUNCH 12:00 Beau-knitters 1:00 Samba Canasta 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
Administration for Community Iving CPHP A plan for life.	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 Alz Assoc: 10 Signs of Dementia	10:00 UFOs knit/crochet 12:00 LUNCH 12:00 Beau-knitters 1:00 Samba Canasta 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
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St Patrick's Dinner with Live Entertainment March 12, 2025

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