



Name: _____

Phone Number: _____

Email: _____

__ Berne __ Cohoes __ Livingston __ Ohav __ SMT __ St. Matthew's __ Watervliet __ Westerlo __ Westview __ Wyman

May 2025 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cohoes Sr. Cntr. (L) Ohav Sholom Apts. (D) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)	Town of Berne Sr. Cntr. (L) Cohoes Sr. Cntr. (L) Livingston School Apts. (D) South Mall Towers (D) Watervliet Sr. Cntr. (L) Westview Homes Apts. (L)	Cohoes Sr. Cntr. (L) Livingston School Apts. (D) Ohav Sholom Apts. (D) South Mall Towers (D) Watervliet Sr. Cntr. (L) Westview Homes Apts (L) Wyman Osterhout Com. Cntr. (L)	Cohoes Sr. Cntr. (L) Livingston School Apts. (D) St. Matthew's - Voorheesville (L) Watervliet Sr. Cntr. (L) Westerlo Town Hall (L) Westview Homes Apts (L)	Town of Berne Sr. Cntr. (L) Cohoes Sr. Cntr. (L) South Mall Towers (L) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)
			1 A. Penne with Sausage, Peppers & Onions B. Baked Fish	2 A. Swedish Meatballs B. Baked Chicken C. Seafood Salad Plate
5 A. Lemon Garlic Fish B. Baked Chicken	6 A. Chicken ala King B. Baked Fish	7 A. Meatloaf with Gravy B. Baked Chicken C. Tuna Salad Sandwich	8 A. Open-Faced Hot Turkey Sandwich B. Baked Fish	9 A. Mac & Cheese B. Baked Fish C. Egg Salad Sandwich
12 A. Chicken Broccoli Alfredo B. Baked Fish	13 A. Swiss Cheeseburger B. Baked Fish	14 A. Roast Pork with Gravy B. Baked Fish C. Roast Beef Sandwich	15 A. Pepper Steak B. Baked Fish	16 A. Baked Fish with Tartar Sauce B. Baked Chicken C. Chicken B.L.T. Pasta Salad
19 A. American Goulash B. Baked Fish	20 A. Lemon Herb Baked Chicken B. Baked Fish	21 A. Salisbury Steak with Mushroom Gravy B. Baked Fish C. Curry Chicken Salad Sandwich	22 A. Baked Ham with Pineapple B. Baked Fish	23 A. Potato Crunch Fish B. Baked Chicken C. Egg Salad Sandwich
 LIFEPATH IS CLOSED IN OBSERVANCE OF MEMORIAL DAY MAY 26, 2025	27 A. Lasagna Roll Ups B. Baked Fish	28 A. Spanish Rice B. Baked Fish C. Turkey Sandwich	29 A. Chicken Marsala B. Baked Fish	30 A. BBQ Pulled Pork B. Baked Fish C. Roast Beef & Swiss Sandwich

Cohoes & Watervliet:
Lunch (L) 12 pm

All other locations:
Lunch (L) 11:30 am
Dinner (D) 4:30 pm

Upon registration for a meal, you are free to attend a meal at any of the LifePath Community Dining locations. Please refer to the reverse side for addresses.

Our Congregate Dining Program is partially funded by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. We suggest a contribution of \$3.00 for all Albany County congregate meal programs. Your contributions are crucial in supporting and expanding the program, though they are voluntary, confidential, and entirely optional. We invite and encourage all seniors to participate in our meal program. To ensure a meal is available at your preferred program, please make a reservation. No one will be turned away due to an inability to contribute. Our meals include an appropriate serving of starch, vegetables, dessert, and milk. Please note that some items may be subject to last-minute substitution.

LIFEPATH COMMUNITY DINING LOCATIONS

To reserve a meal, simply call or email us before 1 pm the day prior using the contact information provided below. Our dining rooms open one hour before the meal, and at many of our Centers, you'll find opportunities for programs and socialization even earlier. Feel free to drop by sooner to engage in activities and make new friends!

TOWN OF BERNE COMMUNITY & SENIOR SERVICES CENTER

1360 Helderberg Trail • Berne, NY 12023 • 518-465-6465 • mow@lifepathny.org
Lunch served at 11:30 a.m. on Tuesday's & Friday's

COHOES SENIOR CENTER

10 Cayuga Plaza • Cohoes, NY 12047 • 518-235-2420 • cohoes@lifepathny.org
Lunch served at 12 p.m. - Monday – Friday

LIVINGSTON SCHOOL APARTMENTS

315 Northern Blvd. • Albany, NY 12210 • 518-465-3322 • mow@lifepathny.org
Dinner served at 4:30 p.m. on Tuesday, Wednesday & Thursday's

OHAV SHOLOM APARTMENTS

115 Krumkill Road • Albany, NY 12208 • 518-465-3322 • mow@lifepathny.org
Dinner served at 4:30 p.m. on Monday & Wednesday's

SOUTH MALL TOWERS

101 South Pearl Street • Albany, NY 12207 • 518-465-3322 • mow@lifepathny.org
Dinner served at 4:30 p.m. on Tuesday & Wednesday's — Lunch served at 11:30 a.m. on Friday's

ST. MATTHEW'S CHURCH (VOORHEESVILLE)

25 Mountainview Street • Voorheesville, NY 12186 • 518-439-9038 • mow@lifepathny.org
Lunch served at 11:30 a.m. on Thursday's

WATERVLIET SENIOR CENTER

1501 Broadway • Watervliet, NY 12189 • 518-273-4422 • watervliet@lifepathny.org
Lunch served at 12 p.m. - Monday – Friday

WESTERLO TOWN HALL

933 County Route 401 • Westerlo, NY 12193 • 518-797-3111 x 1014
Lunch served at 11:30 a.m. on Thursday's

WESTVIEW HOMES

680 Central Ave. • Albany, NY 12206 • 518-482-2120 • westview@lifepathny.org
Lunch served at 11:30 a.m. - Monday – Friday

WYMAN OSTERHOUT COMMUNITY CENTER (NEW SALEM)

7 The Old Road • Voorheesville, NY 12186 • 518-439-9038 • mow@lifepathny.org
Lunch served at 11:30 a.m. on Wednesday's