

## FEBRUARY 2026 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)
<b>2</b> A. Macaroni & Cheese B. Baked Fish	<b>3</b> A. Spinach Beef Macaroni Bake B. Baked Fish	<b>4</b> A. Honey Mustard Chicken B. Baked Fish C. Tuna Salad Sandwich	<b>5</b> A. Lemon Garlic Fish B. Baked Chicken	<b>6</b> A. Swiss Cheeseburger B. Baked Fish C. Chicken BLT Pasta Salad
<b>9</b> A. Ham and Bean Casserole B. Baked Fish	<b>10</b> A. Swedish Meatballs B. Baked Fish	<b>11</b> A. Chicken with Gravy B. Baked Fish C. Turkey & Swiss Cheese Sandwich	<b>12</b> A. Shepard's Pie B. Baked Fish	<b>13</b> A. Roast Turkey with Gravy B. Baked Chicken C. Seafood Salad
	<b>17</b> A. Chicken Stew B. Baked Fish	<b>18</b> A. Chili Con Carne B. Baked Fish C. Roast Beef Sandwich	<b>19</b> A. BBQ Pulled Pork B. Baked Fish	<b>20</b> A. Meatless Baked Ziti B. Baked Fish C. Curry Chicken Salad Sandwich
<b>23</b> A. Chicken Cacciatore B. Baked Fish	<b>24</b> A. Sausage & Peppers with Onions and Sauce B. Baked Fish	<b>25</b> A. Spanish Rice & Beans B. Baked Chicken C. Seafood Salad	<b>26</b> A. Chicken Tetrazzini B. Baked Fish	<b>27</b> A. Beef Stroganoff B. Baked Fish C. Egg Salad 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 voluntary and confidential contribution of \$3.00 for all Albany County congregate meal programs. These contributions help support and expand the program, but they are entirely optional, and no one will ever be turned away due to an inability to contribute.

We welcome and encourage all older adults to participate. To ensure a meal is available at your preferred location, please make a reservation. Each meal includes an appropriate serving of starch, vegetables, dessert, and milk, though some items may be subject to last-minute substitution.



LifePath Administrative Offices  
28 Colvin Ave., Suite 2 • Albany, NY 12206  
518-465-3322  
[info@lifepathny.org](mailto:info@lifepathny.org)  
[www.lifepathny.org](http://www.lifepathny.org)

## LIFE PATH 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 • 518-465-3322 x 500 • [mow@lifepathny.org](mailto:mow@lifepathny.org)  
Lunch served at 11:30 a.m. on Tuesday's & Friday's

### **COHOES SENIOR CENTER**

18 Mohawk St. • Cohoes, NY 12047 • 518-465-3322 x 200 • [cohoes@lifepathny.org](mailto:cohoes@lifepathny.org)  
Lunch served at 12 p.m. - Monday – Friday

### **LIVINGSTON SCHOOL APARTMENTS**

315 Northern Blvd. • Albany, NY 12210 • 518-465-3322 x 500 • [mow@lifepathny.org](mailto: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 x 500 • [mow@lifepathny.org](mailto: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 x 500 • [mow@lifepathny.org](mailto: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](mailto:mow@lifepathny.org)  
Lunch served at 11:30 a.m. on Thursday's

### **WATERVLIET SENIOR CENTER**

1501 Broadway • Watervliet, NY 12189 • 518-465-3322 x 400 • [watervliet@lifepathny.org](mailto: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 • 518-465-3322 x 500 • [westview@lifepathny.org](mailto: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](mailto:mow@lifepathny.org)  
Lunch served at 11:30 a.m. on Wednesday's