

MARCH 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)
2 A. Lasagna Roll-Ups B. Baked Fish	3 A. Pepper Steak B. Baked Fish	4 A. Cheese Tortellini B. Baked Fish C. Cottage Cheese with Pineapple	5 A. Chicken Pesto Bake B. Baked Fish	6 A. Potato Crunch Fish B. Baked Chicken C. Ham & Swiss Sandwich
9 A. Macaroni & Cheese B. Baked Fish	10 A. Spinach Beef Macaroni Bake B. Baked Fish	11 A. Honey Mustard Chicken B. Baked Fish C. Tuna Salad Sandwich	12 A. Lemon Garlic Fish B. Baked Chicken	13 A. Swiss Cheeseburger B. Baked Fish C. Chicken BLT Pasta Salad
16 A. Ham and Bean Casserole B. Baked Fish	17 A. Swedish Meatballs B. Baked Fish	18 A. Chicken with Gravy B. Baked Fish C. Turkey & Swiss Cheese Sandwich	19 A. Shepard's Pie B. Baked Fish	20 A. Roast Turkey with Gravy B. Baked Chicken C. Seafood Salad
23 A. Seafood Newburgh B. Baked Chicken	24 A. Chicken Stew B. Baked Fish	25 A. Chili Con Carne B. Baked Fish C. Roast Beef Sandwich	26 A. BBQ Pulled Pork B. Baked Fish	27 A. Meatless Baked Ziti B. Baked Fish C. Curry Chicken Salad Sandwich
30 A. Chicken Cacciatore B. Baked Fish	31 A. Sausage & Peppers with Onions and Sauce B. Baked Fish	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 congregated 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.		

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.

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 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
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
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
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
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
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 • 518-465-3322 x 400 • 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
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