




Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_ Berne \_\_ Livingston \_\_ Ohav \_\_ SMT \_\_ St. Matthew's \_\_ Westerlo \_\_ Westview \_\_ Wyman

## MAY 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)
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.				1 A. Meatless Baked Ziti  B. Baked Fish  C. Curry Chicken Salad Sandwich
4 A. Chicken Cacciatore  B. Baked Fish	5 A. Sausage & Peppers with Onions and Sauce  B. Baked Fish	6 A. Spanish Rice & Beans  B. Baked Chicken  C. Seafood Salad	7 A. Chicken Tetrazzini  B. Baked Fish	8 A. Beef Stroganoff  B. Baked Fish  C. Egg Salad Sandwich
11 A. Lasagna Roll-Ups  B. Baked Fish	12 A. Pepper Steak  B. Baked Fish	13 A. Cheese Tortellini  B. Baked Fish  C. Cottage Cheese with Pineapple	14 A. Chicken Pesto Bake  B. Baked Fish	15 A. Potato Crunch Fish  B. Baked Chicken  C. Ham & Swiss Sandwich
18 A. Macaroni & Cheese  B. Baked Fish	19 A. Spinach Beef Macaroni Bake  B. Baked Fish	20 A. Honey Mustard Chicken  B. Baked Fish  C. Tuna Salad Sandwich	21 A. Lemon Garlic Fish  B. Baked Chicken	22 A. Swiss Cheeseburger  B. Baked Fish  C. Chicken BLT Pasta Salad
 Centers Closed in observance of Memorial Day	26 A. Swedish Meatballs  B. Baked Fish	27 A. Chicken with Gravy  B. Baked Fish  C. Turkey & Swiss Cheese Sandwich	28 A. Shepard's Pie  B. Baked Fish	29 A. Roast Turkey with Gravy  B. Baked Chicken  C. Seafood Salad

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 congregare 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 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