

May 2026

THE PATH FORWARD

Reflecting on Our Journey, Paving the Way Ahead

LifePath
Supportive Services for Older Adults

 **Eddy SeniorCare**
ST PETER'S HEALTH PARTNERS

Brought to you by Eddy SeniorCare – providing support & care to older adults to allow them to remain in their homes. For help, call (518) SUPPORT

Celebrating Older Americans Month: Champion Your Health

**OLDER
AMERICANS
MONTH**



Each May, communities across the country celebrate Older Americans Month, recognizing the contributions, strength and resilience of older adults. Led by the Administration for Community Living, this observance highlights the importance of supporting healthy aging and independence.

CHAMPION YOUR HEALTH: MAY 2026

staying active and making informed health decisions.

This year's theme, Champion Your Health, encouraged older adults to focus on wellness through prevention,

At LifePath, that commitment is reflected every day through nutrition programs, home-delivered meals, congregate dining and Newgate Social Adult Day Program, helping older adults access the resources and support they need.

As the month concluded, the message remained clear: healthy aging is strengthened by both personal choices and a caring community.

Music Brings Joy at Newgate



Music recently filled LifePath's Newgate Social Adult Day Program as volunteer Lorraine entertained guests by singing and playing the keyboard. Familiar favorites had participants tapping their feet.

The afternoon quickly turned into a room-wide sing-along as well-known tunes sparked memories and encouraged everyone to take part. Lorraine's performance was a wonderful reminder of the uplifting power of music.

Do you know someone who could benefit from a welcoming and engaging program like Newgate? Reach out to LifePath at

info@lifepathny.org to learn more.

Celebrating Cinco de Mayo in Watervliet



Guests at the Watervliet Center recently enjoyed a festive Cinco de Mayo celebration featuring games, themed foods, music and prizes. Homemade colorful decorations and lively entertainment set the stage for an afternoon of fun.



From friendly competitions to festive treats, participants embraced the celebration and all it had to offer while enjoying time with friends and meeting neighbors.

LifePath extends its sincere thanks to Presenting Sponsor Dorothy LaCombe Adult Healthcare Nurse Practitioner PLLC and all event sponsors whose generosity made the celebration possible.



Close to You: A Night of Carpenters Classics and Community



Even a rainy “Rainy Days and Mondays” kind of day couldn’t dampen the spirit as guests enjoyed LifePath’s Dinner Theatre tribute to The Carpenters at St. Matthew’s Church



Guests were treated to dinner prepared by the LifePath at the Cohoes Senior Center team and live entertainment featuring “Richard and Karen Carpenter,” who performed beloved classics including “Close to You,” “We’ve Only Just Begun” and “Rainy Days and Mondays.” The familiar melodies had

audience members singing and dancing while filling the room with energy.



LifePath extends its sincere thanks to the sponsors and volunteers whose generosity and hard work made the fundraiser possible.



Community Spirit on Display for 518 Day



As part of United Way's annual 518 Day of Service, volunteers from Honest Health joined LifePath staff and board members for a day of organizing and cleanup at LifePath's Administrative Offices.

The team tackled long-overdue projects, sorted materials, cleared storage areas and shredded years of accumulated

documents. Their efforts helped improve workspaces and prepare the storage room for future use.

LifePath extends its sincere thanks to United Way for coordinating this community-wide day of service, as well as Honest Health volunteers, board members and staff who generously gave their time and energy to support the project.



Summer Picnic Series Returns

LifePath and CDPHP invite older adults to two free community picnics this June. The first will be held at 1 p.m. on June 17 at the Cohoes Senior Center, followed by a second picnic at 1 p.m. on June 24 at the Watervliet Center.

Each picnic will feature food, live music, games and vendors. We hope you'll join us for an afternoon of summer fun.

Space is limited; be sure to register today!!

Cohoes: 518-465-3322 x 200 Watervliet: 518-465-3322 x 400

LifePath Supportive Services for Older Adults

Senior Picnics

COHOES
Wednesday, June 17 • 1 P.M.

WATERVLIET
Wednesday, June 24 • 1 P.M.

CDPHP
A plan for life.

SAVE THE DATES!!

THE CARPENTER'S DINNER THEATRE

Thursday, May 28, 2026 • 5:00 p.m. • St. Matthew's Church

LIFEPATH'S COHOES SENIOR PICNIC *presented by CDPHP*

Wednesday, June 17, 2026 • 1:00 p.m. • Cohoes Senior Center

LIFEPATH'S WATERVLIET SENIOR PICNIC *presented by CDPHP*

Wednesday, June 24, 2026 • 1:00 p.m. • Watervliet Senior Center

28TH ANNUAL TRAVERS SOIRÉE

Friday, August 28, 2026 • 6 p.m. • Saratoga

National Golf Club

DINNER & DANCING THROUGH THE DECADES

Thursday, September 17, 2025 • 4:30 p.m. • Watervliet Senior Center

THE CARPENTER'S DINNER THEATRE *presented by Norlite*

Thursday, October 1, 2026 • 5:00 p.m. • Cohoes Senior Center

35TH ANNUAL CAPITAL REGION SENIOR EXPO

Friday, October 16, 2026 • 8:30 a.m. – 1:00 p.m. • Crossgates Mall

Stay tuned for details about each event. If you have questions or are interested in attending one or more fundraisers, contact Maria Jones, Director of Marketing & Special Events, mjones@lifepathny.org or 518-362-5481.

Donate & Volunteer: LifePath relies on the kindness of sponsors and supporters and the dedication of committed volunteers to provide crucial services to older adults in the Capital Region.

Annual Support Opportunities: Spotlight your company in LifePath's newsletter, at events, or throughout the year! Contact Maria Jones, director of marketing & special events, for additional details at 518-362-5481 or mjones@lifepathny.org.

LifePath 
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