



Name: _____

Phone Number: _____

Email: _____

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

JULY 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 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. Roast Turkey B. Baked Fish C. Roast Beef Sandwich	2 A. Chicken Chili B. Baked Fish	
6 A. Lemon Garlic Fish B. Baked Chicken	7 A. Mac & Cheese B. Baked Fish	8 A. Penne with Meat Sauce B. Baked Chicken C. Tuna Salad Sandwich	9 A. Open Faced Hot Turkey Sandwich B. Baked Fish	
13 A. Chicken Broccoli Alfredo B. Baked Fish	14 A. Swiss Cheeseburger B. Baked Fish	15 A. Baked Ham with Pineapple B. Baked Fish C. Roast Beef Sandwich	16 A. Baked Fish B. Baked Chicken	17 A. Chicken Marsala B. Baked Fish C. Chicken BLT Pasta Salad
20 A. American Goulash B. Baked Fish	21 A. Lemon Herb Baked Chicken B. Baked Fish	22 A. Salisbury Steak with Mushroom Gravy B. Baked Fish C. Curry Chicken Salad Sandwich	23 A. Meatless Baked Ziti B. Baked Fish	24 A. Potato Crunch Fish B. Baked Chicken C. Egg Salad Sandwich
27 A. Lasagna Roll Ups B. Baked Fish	28 A. Tuna Noodle Casserole B. Baked Chicken	29 A. Chili Con Carne B. Baked Fish C. Turkey Sandwich	30 A. Roast Pork B. Baked Fish	31 A. Penne Pasta with Meatballs B. Baked Fish C. Roast Beef & Swiss Sandwich

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 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