LifePath
Supportive Services for Older Adults

Name: _____
Phone Number: _____
Email: _____

___Berne ___Cohoes ___Livingston ___Ohav ___SMT ___St. Matthew's _Watervliet ___Westerlo ___Westview ___Wyman

NOVEMBER 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. Chicken Paella B. Baked Fish	**3** A. Turkey Bolognese B. Baked Fish	**4** A. Baked Fish B. Baked Chicken C. Roast Beef Sandwich	**5** A. Penne with Meatballs B. Baked Fish	**6** A. Raspberry Glazed Roast Pork B. Baked Fish C. Chicken BLT Pasta Salad
9 A. Baked Fish with Lemon Herb Sauce B. Baked Chicken	**10** A. Cheese Tortellini B. Baked Fish	**11** A. Baked Ham with Crushed Pineapple B. Baked Chicken C. Seafood Salad Sandwich	**12** A. Chicken Cacciatore B. Baked Fish	**13** A. Meatloaf with Gravy B. Baked Fish C. Ham & Swiss Sandwich
16 A. Lasagna Roll-Ups B. Baked Fish	**17** A. Sloppy Joe B. Baked Fish	**18** A. Tuna Noodle Casserole B. Baked Chicken C. Roast Beef Sandwich	**19** A. Honey Mustard Chicken B. Baked Fish	**20** A. American Goulash B. Baked Fish C. Cottage Cheese & Hard Boiled Egg
23 A. Chicken Chow Mein B. Baked Fish	**24** A. Penne with Meat Sauce B. Baked Fish	**25** A. Hot Open Faced Turkey Sandwich with Gravy B. Baked Fish C. Egg Salad Sandwich		
30 A. Cheese Tortellini B. Baked Fish				

Cohoes & Watervliet:
Lunch (L) 12 pm

All other locations:
Lunch (L) 11:30 am
Dinner (D) 4:30 pm

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.

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.

LifePath
Supportive Services for Older Adults

LifePath Administrative Offices
28 Colvin Ave., Suite 2 • Albany, NY 12206
518-465-3322
info@lifepathny.org
www.lifepathny.org

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