



COHOES SENIOR CENTER

10 CAYUGA PLAZA COHOES NY 518-235-2420

AUGUST 2017

Lunch Served Daily

Mon – Fri 12:00 p.m.
Suggested contribution
\$3.00

Dinner Served

Tues & Thurs 5:00 p.m.
Suggested contribution
\$3.00

CENTER OPEN
MON – FRI

9 a.m. to 4 p.m.

10 Cayuga Plaza
Cohoes, NY 12047

235-2420

www.cohoesseniorcenter.org

Programs are partially funded by
Albany County Dept. for Aging,
NYS Office for the Aging,
And the U.S. Administration on
Aging



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:00 Healthy Bones For Life 12:00 LUNCH 5:00 Dinner	10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life 5:00 3rd Annual Variety Show Benefit
7	8	9	10	11
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 1:00 Mah-Jongg	10:00 Healthy Bones For Life 12:00 LUNCH 5:00 Dinner	10:00 In-Between Bridge 12:00 Birthday Luncheon 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Diner's Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
14	15	16	17	18
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 12:30 Magpie Quartet 1:00 Mah-Jongg	10:00 Healthy Bones For Life 11:00 Chair Yoga 12:00 LUNCH 3:30 1:1 Tech Training Ice Cream Social 5:00 Dinner	9:30 AARP driving class 10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out	9:00 Pool Crew 9:30 AARP driving class 12:00 LUNCH 1:00 Healthy Bones For Life
21	22	23	24	25
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 1:00 Mah-Jongg 7:00 Colonie Town Band	10:00 Healthy Bones For Life 11:00 Chair Yoga 12:00 LUNCH 4:00 Friends of CSC 5:00 Dinner	10:00 In-Between Bridge 12:00 LUNCH 1:00 Sleep Tips for Seniors 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 It's a Luau featuring Singer Don Hyman	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life
28	29	30	Sept 1	Sept 2
10:00 In-Between Bridge 10:00 Line Dancing 11:00 Tone & Stretch 12:00 LUNCH 1:00 Mah-Jongg	10:00 Healthy Bones For Life 11:00 Chair Yoga 12:00 LUNCH 5:00 Dinner	10:00 In-Between Bridge 12:00 LUNCH 2:00 Communion 3:00 Veggie Mobile	9:00 Mah-Jongg 12:00 LUNCH 1:00 Samba 3:00 Get the Lead Out 5:00 Dinner 5:30 Diners' Only Bingo	9:00 Pool Crew 12:00 LUNCH 1:00 Healthy Bones For Life