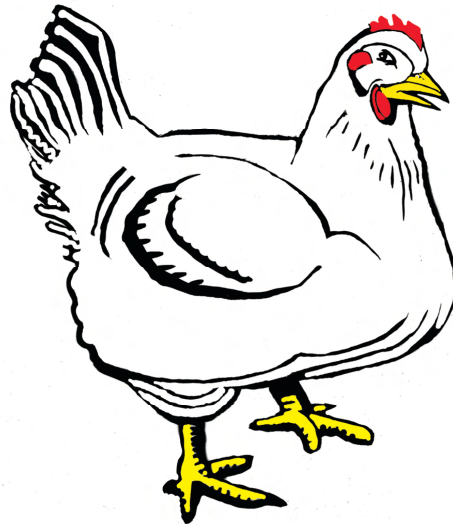


## **Chicken and Biscuit Dinner**



**Cohoes Senior Citizens Center  
Cayuga Plaza**

**Wednesday, April 20**

**5:00 – 7:30 p.m.**

Donation: \$8.00 Adults

\$5.00 Senior/Children

Please get your tickets in advance

**Eat In or Take Out**

**D.J. Phil Delacruz to entertain**

**Board of Directors**

Ed Tremblay—President  
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 Audrey Kennedy  
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**Executive Director**

Keith Hornbrook

**Contact:**

Keith Hornbrook  
 10 Cayuga Plaza  
 Cohoes, NY 12047  
 518-235-2420  
 Fax: 518-235-1624  
 khornbrook@  
 cohoesseniorcenter.org

For Advertising information call  
 518-235-2420

Meals on Wheels and  
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 Transportation are funded by the  
 Albany County Dept. for Aging  
 and the New York State Office  
 for Aging

**Director's Message,**

April is volunteer recognition month. We could not survive without volunteers here at the Senior Center. People come in every day to help out the kitchen by packaging food for home delivered meals, putting together napkins and silverware for congregate dining, serving individuals with disabilities during meals, and just generally help by cleaning up. We have volunteers who help out by working with the older adults in our day care program doing activities. Volunteers help us each month during Bistro Night by setting up tables, serving food, and cleaning up. Volunteers take care of our grounds by raking, planting flowers, sweeping, etc. Volunteers answer phones, help prepare information sheets for home delivered meals delivery drivers, and greet guests as they come into the Senior Center. Others help us raise some much needed dollars. Some volunteers put in a couple of hours a month. Others may work 15 to 20 hours each week. The bottom line is that we cannot do what we do without these hardworking dedicated people.

Volunteers don't just do work. They brighten the lives of everyone they help. Since starting a little over three years ago, my own life has been immeasurably touched by the people here. I know the same is true for every member of the staff. We laugh together. We complain together. Yes, sometimes, we mourn and share a tear together. You can count hours and place a monetary value on what those hours are worth, but you can't place a dollar value on the rest.

Thank you from all of us. We will be having our Annual Volunteer Luncheon on Wednesday, April 27th, 2011.

Also, don't forget to join us for the Chicken and Biscuit Dinner made by our own Board Member Lettie Saheim. Lettie is a wonderful cook and this will be her third benefit dinner for the Center. In the past, she has done a St. Patrick's Day Dinner and a Holiday Dinner. The dinner is Wednesday, April 20th.

Keith Hornbrook

**EASTER BASKET RAFFLE**

The membership is going to put together an Easter Basket to raffle. They are asking for donations of canned goods and other dinner items for the dinner basket. Like vegetables, potatoes, rolls, dessert of some kind, napkins, wine, wine glasses, coffee, tea, sugar, creamer, butter and or money to put towards a gift card for the meat and extra items. If you have any questions Myrtle will be on hand to answer them.



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# Membership's Corner

## FLEA MARKET AND BAKE SALE JUNE 10, 2011

The Center will be having a flea market and bake sale on Friday, June 10th from 9-2PM. If weather permits it will be outside on the walkway under the roof.

We are asking all members if they would be willing to make something for the bake sale and they could bring it in the day before the sale. Also, if you are doing spring cleaning and wanting to get rid of some usable and in good shape items, we will start accepting items around May 20th. No clothes, shoes, or pocketbooks please.

## APRIL BIRTHDAYS

- 4/1 Ellie Gambelli
- 4/2 Stephanie Demczar  
Frank Fucci  
Anne Marie Salov Heeran
- 4/7 Mary McGrath  
Dennis Santa Lucia
- 4/8 Lettie Saheim
- 4/9 Shirley Allery  
Beverly Gariepy
- 4/10 Patricia Colongione  
Ronald Muscatello
- 4/12 Carol Fedorchak  
Carol Nowak
- 4/13 Catherine Benson  
John Farrell  
Karen Smith
- 4/16 Rose Minichiello  
Liz Sussman
- 4/19 Theodore Demczar
- 4/20 Frank Verald
- 4/21 Alma Hansen  
Felicia Martin
- 4/22 Josie Bouleris  
Cynthia Serbent
- 4/24 Mary Lou Palmer

If your birthday is not mentioned, it may be because your membership has not been renewed this year.

You may renew your membership any day at the front desk or mail it to the Center.

## Monthly Membership Meeting

Interested in starting a new project? Want to help volunteer for a Bistro Night or get more involved as a member? This is your chance. All members are welcome to attend the monthly meetings. Come be an active part of what goes on at the Senior Center. The meeting is Wednesday, March 30th at 10:30 AM.

## THANK YOU!!! TO MONDAY AND WEDNESDAY BRIDGE PLAYERS

The Center would like to thank the Monday and Wednesday bridge players for putting together a wonderful St. Patrick's Basket for a raffle to benefit the Center. They went out and got all the items for the basket, sold many, many tickets and bought tickets themselves. Thank you to the following bridge players:

Eunice Antonucci  
Betty Engster  
Ruth Casale  
Betsy Dahl  
Janet Fitzgerald  
Alma Hansen  
Marie Johnson  
Debbie Ries  
Kaye Serian  
Ellen Tolan  
Ginny McNamee  
Frances McDonald  
Cynthia Servent who gave a huge donation towards the St. Patrick's Basket.

Between the tickets the ladies sold and what the Center sold, we made about \$1200.00.

Thank you ladies for all your hard work.

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### CENTER'S TRANSPORTATION

The Center offers transportation to seniors 60 and older who live in Albany County. If you need transportation, call MTM at 1-866-208-7357.

# April 2011

Mon	Tue	Wed	Thu	Fri
				1 9-2 AARP Taxes by appt 10 Senior Swim 12 <b>Oven Fried Fish</b> 12:30 Advanced Bridge 1 Osteobusters Exercise
4 10 Senior Swim 10 Line Dancing 12 <b>BBQ Pork</b> 1 Poets and Writers class	5 9 Medicaid Assistance 10 Osteobusters Exercise 11:15 MVP Chair Moves 12 <b>Shepherd's Pie</b> 1 Slivertops chorus practice 5 <b>Veal and Peppers</b>	6 10 In Between Bridge 10 Senior Swim 12 <b>Stuffed cabbage</b> 2 Communion Service 3:15 Veggie Mobile	7 9:30 Mah-Jongg 12 <b>Honey Crusted Chicken</b> 12:30 Ceramics 12:45 Bowling 2 Classical Music Club 5 <b>Roast Fresh Ham</b>	8 9-2 AARP Taxes by appt 10 Senior Swim 12 <b>Spinach and Cheese Quiche</b> 12:30 Advanced Bridge 1 Osteobusters Exercise
11 10 Senior Swim 10 Line Dancing 12 <b>Cheeseburger</b> 1 Poets and Writers class	12 10 Osteobusters Exercise 10:30 Hearing Clinic by appt 11:15 MVP Chair Moves 12 <b>Chicken and Biscuits</b> 1 Slivertops chorus practice 5 <b>Roast Turkey w/gravy</b>	13 9 AARP driving class 9 Medicare Assistance 10 In Between Bridge 10 Senior Swim 12 <b>Roast Pork</b> 2 Communion Service 3:15 Veggie Mobile	14 9:30 Mah-Jongg 12 <b>Beefy Spanish Rice</b> 12:30 Ceramics 12:45 Bowling 2 Classical Music Club 5 <b>Vegetable lasagna</b> 5:30 Diner's only BINGO	15 9 AARP driving class 9-2 AARP Taxes by appt 10 Senior Swim 12 <b>Baked Cod</b> 12:30 Advanced Bridge 1 Osteobusters Exercise
18 10 Senior Swim 10 Line Dancing 12 <b>Chili</b> 1 Poets and Writers class	19 10 Osteobusters Exercise 11:15 MVP Chair Moves 12 <b>Chicken w/gravy</b> 1 Slivertops at Glen Eddy 5 <b>Italian Herb Baked Chicken</b>	20 10 In Between Bridge 10 Senior Swim 12 <b>Beef Stew</b> 2 Communion Service 3:15 Veggie Mobile 5-7:30 <b>Home Cooking Chicken and Biscuit Dinner Fundraiser</b>	21 9:30 Mah-Jongg 12 <b>Lemon Pepper Chicken</b> 12:30 Ceramics 12:45 Bowling 2 Classical Music Club 5 <b>Pot Roast w/gravy</b>	22 10 Senior Swim 12 <b>Macaroni and Cheese</b> 12:30 Advanced Bridge 1 Osteobusters Exercise
25 10 Senior Swim 10 Line Dancing 12 <b>American Goulash</b> 1 Poets and Writers class	26 10 Legal Aid by appt. 10 Osteobusters Exercise 11:15 MVP Chair Moves 12 <b>Oven Fried Chicken</b> 1 Slivertops chorus practice 5 <b>Chicken and Biscuits</b>	27 10 In Between Bridge 10 Senior Swim 10:30 Membership meeting 12 <b>Volunteer Luncheon</b> 2 Communion Service 3:15 Veggie Mobile	28 9:30 Mah-Jongg 12 <b>Hot Turkey Sandwich</b> 12:30 Ceramics 12:45 Bowling 2 Classical Music Club 5 <b>Baked Ziti</b> 5:30 Diner's only BINGO	29 10 Senior Swim 12 <b>Oven Fried Fish</b> 12:30 Advanced Bridge 1 Osteobusters Exercise 5 Rotary Spaghetti Dinner

### LEGAL AID ATTORNEY

An attorney from the Legal Aid Society of Northeastern NY will be here on the third Tuesday of each month from 10-11AM. You will need to call the Center at 235-2420 to make an appointment. You must live in Albany County and be at least 60 years of age.

### HEARING CLINIC

On the second Tuesday of each month Ray Woikowski, hearing instrument specialist, will be at the Center from 10:30-12PM to test hearing, check hearing aids, and answer any questions you may have. Appointments are necessary.

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### FOOD STAMP ASSISTANCE RESUMES

The food stamp representative from the Legal Aid Society, will be coming to the Center again to provide assistance with food stamps. They will be here on the 10th of May, but will resume on the first Tuesday of the Month in June.

### MEDICAID REPRESENTATIVE

A Medicaid representative is at the Center on the first Tuesday of each month from 9 - 11 AM to help people with Medicaid problems or to help someone see if they are eligible for Medicaid. No appointment is necessary.

**SPECIAL EVENT DAYS FOR APRIL****April 5, 2011**

9:00 AM Medicaid assistance

**April 12, 2011**

10:30 AM Hearing clinic by appt.

**April 13, 2011**

9:00 AM AARP Driving Class

9:00 AM HICAP (medicare assistance)

**April 14, 2011**

5:30 PM Diner's only BINGO

**April 15, 2011**

9:00 AM AARP Driving Class

**April 19, 2011**2:30 PM Silvertops sing at Terrace at the  
Glen Eddy**April 20, 2011**5:00 PM Chicken and Biscuit Fundraiser  
D.J. Phil Delacruz entertaining**April 26, 2011**

10:00 AM Legal Aide by appt.

**April 27, 2011**

10:30 AM Membership meeting

12:00 PM Volunteer luncheon

**April 28, 2011**

5:30 PM Diner's only BINGO

**EVERYDAY APRIL CALENDAR EVENTS****Monday**

9:00 AM Family and Child Health Plus

10:00 AM Senior swim

10:00 AM Line dancing

12:00 PM Lunch

1:00 PM Poets&amp;Writers class

**Tuesday**

10:15 AM Osteobusters exercise class

11:15 AM MVP Chair Moves

12:00 PM Lunch

1:00 PM Silvertops

5:00 PM Dinner

**Wednesday**

10:00 AM

Senior Swim

10:00 AM

In Between Bridge

12:00 PM

Lunch

2:00 PM

Holy Trinity-St. Michaels

Communion Service

3:00 PM

Veggie Mobile

**Thursday**

9:30 AM

Mah-jongg

12:00 PM

Lunch

12:30 PM

Ceramics

12:45 PM

Bowling

2:00 PM

Classical Music Club

5:00 PM

Dinner

**Friday**

9:00 AM

AARP tax preparation by appt.

10:00 AM

Senior swim

12:00 PM

Lunch

12:30 PM

Advanced bridge

1:00 PM

Osteobusters exercise class

**Calendar Announcements****MVP Gold Chair Moves**

Tuesdays

11:15 AM

Ends 5/3/2011

Free



Stay as mobile and strong as possible! This is a chair-based class that emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. To register or for more information call 518-235-2420 or e-mail [ldufty@cohoesseniiorcenter.org](mailto:ldufty@cohoesseniiorcenter.org).

**OSTEOBUSTERS:**

**A strengthening exercise program for mature adults**

Tuesdays 10:15 AM

Fridays 1:00 PM

The strong bones exercises utilize a dynamic range of motion as well as strengthening movements, which enhance posture and balance, and much more! The program was developed by Tufts University.

If you would like to attend one, or just come in and see what they do, just come in and someone at the front desk will take you to the class and introduce you to the instructor.

### **Walmart Wednesday**

Wednesdays  
12:30 to 2:30

The Senior Center bus will be going to Walmart every Wednesday picking up at Cayuga Plaza, Ogden Mills, Columbia Crest, and Waterside Way. The bus will leave Cayuga Plaza at 12:30 picking up at each location and picking back up at the Super Walmart in Clifton Park at 2:30. If you would like to go please call MTM at 1-866-208-7357 and ask for a 12:30 pick up going to Walmart in Clifton Park, 1549 Rt 9, Halfmoon, NY 12065. 518-373-8457. This trip is dependent on at least 6 people going.

### **Holy Trinity-St. Michael's Churches Communion Service**

Wednesdays  
2:00 PM

Deacon Gerry Matthews from Holy Trinity and Deacon Charles Valenti from St. Michael's will be providing Communion Service to the area residents.

### **Mah-jongg**

Thursdays  
9:30 AM  
Free

Sally Cotugno, player and teacher, will be playing Mah-Jongg here at the Center. Sally is willing to teach anyone who doesn't know how to play. They will need at least 4 players to play.

Mah-Jongg is a game of Chinese origin usually played by four persons with 144 domino like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces.

### **Classical Music Appreciation**

Every Thursday  
2:00 PM



New members are warmly welcome to join in the fun; to learn more about their favorite selections and to experience some new enjoyments through the media of CD's, videos, DVD's, and discussions. Sessions will be devoted to exploring favorite selections and why they are meaningful to us as music lovers. Music lover and class instructor Helen Burgess has an in depth knowledge of the subject matter and a passion and wit that puts the classic back in classical music. If you are interested and would like to come to the music club contact the Senior Center at the front office or call 235-2420.

### **AARP Defensive Driving Returns**

Wednesday, May 18 and Friday, May 20, 2011  
\$12 for AARP members  
\$14 for non-AARP members

AARP members must have their AARP membership card with them when they take the class. Make your check out to AARP and mail it to the Cohoes Senior Center or bring it in at least two weeks before the class. Sign up for May begins May 2nd.

### **May Bistro Night**

Thursday, May 26, 2011  
Dinner 5:00 PM Entertainment 5:30 PM  
Suggested contribution for the meal: \$3 for 60+,  
\$6.50 for under 60  
Donation for entertainment: \$2

Our entertainment will be Sal Canova

Dinner will be Baked Ziti. Sal will start playing at 5:30PM and play until 7:30PM. Everyone can start signing up on Wednesday, May 25th at 9:00AM. We cannot take names for dinner left on the voicemail. Please call after 9:00AM or come into the Center to put your name in for dinner.



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Tuesday - Thursday                    9:00 - 6:30  
Saturday - Sunday                      Closed

*[www.cohoesseniorcenter.org](http://www.cohoesseniorcenter.org)*

*Phone: 518-235-2420*

*Current resident or:*