

OCTOBER 2025 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) |
| | | 1 A. Lemon Garlic Fish B. Baked Chicken C. Egg Salad Sandwich | 2 A. Meatloaf with Gravy B. Baked Fish | 3 A. American Goulash B. Baked Fish C. Chicken Salad Sandwich |
| 6 A. Lasagna Roll-Up B. Baked Fish | 7 A. Chicken Cacciatore B. Baked Fish | 8 A. Spanish Rice with Beans B. Baked Chicken C. Macaroni Salad with Tuna | 9 A. Roast Pork with Gravy B. Baked Fish | 10 A. Baked Fish with Lemon Herb Sauce B. Baked Chicken C. Turkey Sandwich |
| 13 A. Herbed Chicken with Gravy B. Baked Fish | 14 A. Penne with Meat Sauce B. Baked Fish | 15 A. Roast Beef with Gravy B. Baked Fish C. Ham & Swiss Sandwich | 16 A. Mexican Beef & Rice Casserole with Beans B. Baked Fish | 17 A. Meatless Baked Ziti B. Baked Fish C. Turkey Sandwich |
| 20 A. Chicken Tetrazzini B. Baked Fish | 21 A. Potato Crunch Fish B. Baked Chicken | 22 A. Chicken Pesto Bake B. Baked Fish C. Roast Beef Sandwich | 23 A. Roast Turkey with Gravy B. Baked Fish | 24 A. BBQ Pulled Pork B. Baked Fish C. Egg Salad Sandwich |
| 27 A. Swiss Cheeseburger B. Baked Fish | 28 A. Ham & Bean Casserole B. Baked Fish | 29 A. Tuna Noodle Casserole B. Baked Chicken C. Turkey Sandwich | 30 A. Shepherd's Pie B. Baked Fish | 31 A. Citrus Marinated Chicken B. Baked Fish C. Ham & Swiss Sandwich |

Cohoes & Watervliet:
Lunch (L) 12 pm

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

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 contribution of \$3.00 for all Albany County congregated meal programs. Your contributions are crucial in supporting and expanding the program, though they are voluntary, confidential, and entirely optional. We invite and encourage all seniors to participate in our meal program. To ensure a meal is available at your preferred program, please make a reservation. No one will be turned away due to an inability to contribute. Our meals include an appropriate serving of starch, vegetables, dessert, and milk. Please note that 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 • 518-465-6465 • mow@lifepathny.org
Lunch served at 11:30 a.m. on Tuesday's & Friday's

COHOES SENIOR CENTER

18 Mohawk St. • Cohoes, NY 12047 • 518-235-2420 • cohoes@lifepathny.org
Lunch served at 12 p.m. - Monday – Friday

LIVINGSTON SCHOOL APARTMENTS

315 Northern Blvd. • Albany, NY 12210 • 518-465-3322 • 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 • 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 • 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 • 518-273-4422 • 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 • 518-482-2120 • 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