

DECEMBER 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. Ham and Bean Casserole B. Baked Fish | 2 A. Swedish Meatballs B. Baked Fish | 3 A. Chicken with Gravy B. Baked Fish C. Turkey & Swiss Cheese Sandwich | 4 A. Shepard's Pie B. Baked Fish | 5 A. Roast Turkey with Gravy B. Baked Chicken C. Seafood Salad |
| 8 A. Seafood Newburgh B. Baked Chicken | 9 A. Chicken Stew B. Baked Fish | 10 A. Chili Con Carne B. Baked Fish C. Roast Beef Sandwich | 11 A. BBQ Pulled Pork B. Baked Fish | 12 A. Meatless Baked Ziti B. Baked Fish C. Curry Chicken Salad Sandwich |
| 15 A. Chicken Cacciatore B. Baked Fish | 16 A. Sausage & Peppers with Onions and Sauce B. Baked Fish | 17 A. Spanish Rice & Beans B. Baked Chicken C. Seafood Salad | 18 A. Chicken Tetrazzini B. Baked Fish | 19 A. Beef Stroganoff B. Baked Fish C. Egg Salad Sandwich |
| 22 A. Lasagna Roll-Ups B. Baked Fish | 23 A. Pepper Steak B. Baked Fish | 24 A. Cheese Tortellini B. Baked Fish C. Cottage Cheese with Pineapple | | |
| 29 A. Macaroni & Cheese B. Baked Fish | 30 A. Spinach Beef Macaroni Bake B. Baked Fish | 31 A. Honey Mustard Chicken B. Baked Fish C. Tuna Salad 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 voluntary and confidential contribution of \$3.00 for all Albany County congregare 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 • 518-465-6465 • 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