

2026

MARCH MADNESS FOR NUTRITION

Mon	Tue	Wed	Thu	Fri
2 Chicken & Rice Casserole	3 Pot Roast	4 Turkey & Cheese w/ White Bean, Bacon & Spinach Soup	5 Kielbasa w/Sauerkraut	6 Three Cheese Ziti
9 Vegetarian Western Omelet	10 Chicken Cacciatore	11 Garden Sloppy Joes (No Mushrooms) GF	12 Fish Florentine GF	13 Pork Osso Bucco
16 Chicken Marsala over Penne Pasta	17 Corned Beef & Cabbage	18 BBQ Chicken Breast GF	19 Stuffed Shells w/ Meat Sauce	20 Lemon Pepper Fish
23 Beef Stroganoff over Egg Noodles	24 Roast Turkey w/ Gravy	25 Tuna Salad w/ South Western Black Bean Soup GF	26 Chicken Broccoli Primavera	27 Macaroni & Cheese w/ Stewed Tomatoes
30 Chili con Carne over Brown Rice	31 Baked Chicken Quarter w/ Gravy	Menu Subject to Change *GF Note: While these items contain no gluten, they are prepared in a kitchen that handles wheat, and cross-contact may occur. Participants on doctor-prescribed diets will receive a substitution. <i>This program is funded by the US Administration on Aging, NYS Office for the Aging and Columbia County.</i>		

Senior Centers

Albert L. Tripp Center

93 Main Street
Philmont, NY 12565
9:30am - 1:30pm
Mondays
Wednesdays
Fridays
518-672-7134

Elizaville Fire Department

1575 Cty Route 19
Elizaville, NY 12523
10:30am - 1:30pm
Tuesdays
Fridays
518-828-7538

Hudson Senior Center

51 North 5th Street
Second Floor
Hudson, NY 12534
9:30am - 1:30pm
Monday - Friday
518-610-0698

Canaan Town Hall

1647 County Route 5
Canaan, NY 12029
10:00am - 1pm
Wednesdays
518-781-0028

Stuyvesant Town Hall

5 Sunset Dr
Stuyvesant, NY 12173
9:30am - 1:30pm
Tuesdays
Thursdays
518-751-0267

Copake Recreation Center

305 Mountain View Road
Copake, NY 12516
9:30am - 1:30pm
Tuesdays
Thursdays
Fridays
518-567-7881

Valatie Senior Center

3302 Williams Street
Valatie, NY 12184
9:30am - 1:30pm
Mondays
Wednesdays
518-567-7881

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Mon	Tue	Wed	Thu	Fri
2	3 Livingston - 10 Warning Signs of Alzheimer's	4 Canaan - 10 Warning Signs of Alzheimer's Valatie - Home Energy Assistance Program (HEAP)	5 Stuyvesant - Tai Chi	6
9 Valatie - National Nutrition Month Philmont - Home Energy Assistance Program (HEAP)	10 Stuyvesant - Home Safety	11 Valatie - 10 Warning Signs of Alzheimer's Philmont - National Nutrition Month Canaan - Home Safety	12 Stuyvesant - Tai Chi	13
16	17	18 Canaan - National Nutrition Month	19 Hudson - Rx Safety Education & Supplies Stuyvesant - Tai Chi	20 Hudson - National Nutrition Month
23 Philmont - Rx Safety Education & Supplies	24 Stuyvesant - National Nutrition Month	25	26 Stuyvesant - Rx Safety Education & Supplies Stuyvesant - Tai Chi Copake - National Nutrition Month	27 Livingston - National Nutrition Month
30	31	Presentations Subject to Change Presenters: Debbie Abreu (Alzheimer's Association), Sue Jenrich (CCOFA), Curt Anthon (Kinderhook Library), Katherine Campbell (CCOFA) Juanita Bryant (CCOFA), Hannah Calhoun (Columbia Greene Addiction Coalition)		

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Hudson Senior Center 51 North 5th Street Second Floor Hudson, NY 12534 9:30am - 1:30pm Monday - Friday 518-610-0698	Canaan Town Hall 1647 County Route 5 Canaan, NY 12029 10:00am - 1pm Wednesdays 518-781-0028
Stuyvesant Town Hall 5 Sunset Dr Stuyvesant, NY 12173 9:30am - 1:30pm Tuesdays Thursdays 518-751-0267	Copake Recreation Center 305 Mountain View Road Copake, NY 12516 9:30am - 1:30pm Tuesdays Thursdays Fridays 518-567-7881
Valatie Senior Center 3302 Williams Street Valatie, NY 12184 9:30am - 1:30pm Mondays Wednesdays 518-567-7881	

