

WEEKLY SCHEDULE

WEEK OF AUGUST 24, 2026

Mon 8/24	9 AM / Ten Signs of Alzheimer's (W) 10 AM / Chair Yoga (W) 11:15 AM / Line Dancing (G) 12 Noon / Brain Healthy Habits (W)
Tue 8/25	10 AM / Zumba Gold (G) 10:45 AM / Supporting Brain Health (W)
Wed 8/26	12:15 PM / "On Your Feet and Independent" with Albany Med (W)
Thu 8/27	8:30 AM / Chair Yoga (W) 9:30 AM / Chair Zumba (W)
Fri 8/28	10 AM / Walking and Coffee Club (Q)

W: Neil Hellman Wellness Center

G: Gym in the Athletics Center

Q: Campus Quad on the Green

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