

TOWN OF ROTTERDAM SENIOR CENTER NEWSLETTER

March 2026

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Town of Rotterdam
Senior Center
2639 Hamburg Street
Schenectady, NY 12306
518-356-1561 Fax:518-280-3944
Office Hours
Monday -Friday
8:00 am – 4:00 pm

WELCOME TO OUR NEWSLETTER

The Senior Center has been at its present location since 1975. Our goal is to get seniors out of their homes to develop friendships with other members within the community. Many services offered are free to seniors to help save them time and money

If you have any questions, please feel free to contact us 518-356-1561.

Hope to see you soon!

The Computer Room is open Monday-Friday from 8am-4pm for anyone who would like to use the computers for personal use.



NEWS FROM OUR LIBRARIAN: Linda

Are you looking for a good book to read? If so, stop by our Lounge and browse our large book collection. The books are arranged alphabetically by the author's last name. There is also a small "Large" print book section. All the donated books are free to borrow and circulate on the honor system. When you are ready to return the book, place it in the basket below the "Book Return" sign. The library also includes magazines, puzzles and cookbooks.



Visit the library and relax in one of the comfortable chairs in front of the fireplace!

THE ROTTERDAM SENIORS ASSOCIATION

Association is a separate organization from the Rotterdam Senior Center. The Association holds their meetings at the Senior Center.

If you are interested in joining the Rotterdam Seniors Association, please contact one of the executive board members below for information about joining the association.

Bruce DeCesare	518-421-1456
Diane Marco	518-428-4240
Carol LaTorre	518-355-9646
Darlene Wolcott	518-356-0596
Mark D'Alessandro	518-265-8276

PROGRAMS



Coffee and Conversation

Attention Seniors! Are you looking for a warm, welcoming space to share stories, make new friends and enjoy delicious coffee.

**Join us Tuesday
March 3rd At
9:30 am**

in the lounge at the Rotterdam Senior Center for our Coffee & Conversation gathering.

Donated breakfast food items are always welcomed

Spread the word and bring a friend!

Please RSVP to the front desk or call 518-356-1561.

THE EMPOWERED CAREGIVER

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late-stage caregiving in this education program.

Topics in the program include:

- » Building foundations of caregiving.
- » Supporting independence.
- » Communicating effectively.
- » Responding to dementia-related behaviors.
- » Exploring care and support services.

Visit alz.org/CRF to explore additional education programs in Northeastern New York.

This program is supported in part by a grant from the New York State Department of Health.

alz.org/northeasternny

ASSOCIATION Northeastern New York Chapter

Date

Friday March 13th, 20th, 27th

Time

12:00 p.m.-1:30 p.m.

Location

Rotterdam Senior Citizens
2639 Hamburg St, Schenectady,
NY 12303

Registration

Please call 800.272.3900 or visit us online at www.alz.org/CRF

800.272.3900 ALZHEIMER'S

MAKE A DIFFERENCE IN YOUR COMMUNITY

Volunteer with Ellis Hospital

Are you looking for a meaningful way to give back? Join our team of dedicated volunteers and help us provide exceptional care to our neighbors.

To ensure consistency for our patients and staff, we ask for:

- **Hours:** Just 4 hours per week.
- **Duration:** A minimum commitment of 6 months.

Join Us for an Information Session

Stop by our information table at the **Rotterdam Senior Center** to learn more about available roles and how to apply.

- **Location:** 2639 Hamburg Street, Rotterdam, NY 12303
- **Dates:** * Monday, March 2nd
 - Wednesday, March 25th
- **Time:** 9:30 AM – 12:00 PM

If you can't make it to the info session or have immediate questions, please reach out!

Contact: Rebecca Carr **Phone:** 518-243-4009

FREE TAX PREPARATION ASSISTANCE

AARP Foundation Tax-Aide

Get expert help with your 2025 tax returns! AARP Foundation Tax-Aide offers free tax preparation assistance to taxpayers with low to moderate income, with a special focus on those aged 50 and older.

Location & Schedule

Rotterdam Senior Center 2639 Hamburg Street, Rotterdam, NY 12303

- **Days:** Tuesdays & Thursdays
- **Dates:** February 3rd – April 9th
- **Service Type:** **BY APPOINTMENT ONLY** (No walk-ins accepted)

How to Schedule Your Appointment

- **Call:** 518-356-1561
- **Booking Hours:** Monday – Friday | 8:00 AM – 4:00 PM

Please Note: Remember to bring your photo ID, Social Security cards for all individuals on the return, and all relevant tax documents (W-2s, 1099s, and last year's return).

AARP DEFENSIVE DRIVING COURSE

WEDNESDAY & THURSDAY – April 29th & 30th from 1-4 pm both days

**At the Rotterdam Senior Center
2636 Hamburg Street, Schenectady
Refresh your driving skills!**

You will learn: Defensive driving techniques, proven safety strategies and new traffic laws and rules of the road. Upon completion, you can save at least 10% on your car insurance and remove up to 4 points from your license

**Call The Rotterdam Senior Center at
518-356-1561 to reserve your spot**

\$25 for AARP Members

\$30 for non- members



Daily Activities

Rotterdam Senior Center - 2639 Hamburg St- 518-356-1561

MONDAY

Chair Yoga- 10:00AM – 11:00AM

Painting- 10:00AM – 1:00PM

Osteo Exercise – 11:00AM – 12:00PM

Zentangle – 12:30PM – 2:30PM

TUESDAY

Open Quilters – 10:00AM - 3:45PM

Mah Jong – 11:30AM – 3:00PM

WEDNESDAY

Beginner Quilters & Beyond – 10:00AM – 3:45PM

Bingo – 11:30AM – 1:30PM

Osteo Exercise – 10:00AM – 11:00AM

Zumba 2:00PM

THURSDAY

Billiards – 9:00AM – 3:45PM

Crafts – 10:00AM – 12:00PM

Pinochle -10:00AM – 3:45PM

Piecemakers Quilting – 12:30PM – 3:45PM

Exercise by Morgana 12:30PM – 1:30PM

FRIDAY

Osteo Exercise – 11:00AM – 12:00PM

Mah Jong – 11:30AM – 3:00PM

Revised 10/24/2025



BINGO AT THE ROTTERDAM SENIOR CENTER

EVERY WEDNESDAY

Games begin at 11:30 am and will continue until 1:30pm.

Minimum charge of \$5.00 for 6 cards

In order for the games to start on time, cards must be purchased no later than 11:15 am. If a senior arrives late, it is up to the volunteer bingo seller to allow them to play and how the money will be disbursed. Cards for the visually impaired are available(6 cards per person)

Note: As this is a Senior Center, we reserve the right to have all our participants be 55 years of age or older. Anyone under the age of 18 is prohibited from playing.

Pizza and beverages will be available. If you are interested in Pizza, please place your order before Bingo begins. \$3 for two slices of pizza and beverage.

CORNELL COOPERATIVE EXTENSION OF SCHENECTADY COUNTY

Do you have questions or concerns about what to eat?

If you are a senior and a Schenectady County resident you are entitled to a free consultation from Cornell Cooperative Extension's Registered Dietician, Debbie Griswold RD.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message. Check our our website for nutrition resources: <http://cceschenectady.org/nutrition-for-seniors>



BLOODPRESSURE CLINIC

BY Eddy Senior Care

Wednesday March 4th

10:30am -12:00pm

WALK-INS WELCOMED!

CHAIR YOGA

Stay active and centered with Chair Yoga at the Rotterdam Senior Center. This gentle class is designed specifically for seniors and individuals with limited mobility who want the benefits of traditional yoga without the strain of getting on and off the floor.

- **When:** Mondays, 10:00 AM – 11:00 AM
- **Where:** Rotterdam Senior Center - 2639 Hamburg Street, Schenectady, NY
- **Cost:** \$5.00 per class
- **Focus:** Flexibility, balance, and mindful breathing

EMPOWER YOUR BODY, ENHANCE YOUR LIFE

Elevate your daily routine with **Body by Morgana**, a transformative fitness class hosted at the Rotterdam Senior Center. This session is specifically designed to help you move better, feel stronger, and live with more vitality.

Class Details

- **When:** Thursdays, 12:30 PM – 1:30 PM
- **Where:** Rotterdam Senior Center - 2639 Hamburg Street
- **Cost:** \$5.00 per class
- **Experience:** None required all fitness levels are welcome!

This class offers a carefully curated blend of seated and standing exercises tailored to promote longevity and overall well-being. Whether you are looking to regain mobility or simply stay active, Morgana's approach ensures you are supported throughout every movement.

SCHENECTADY, FULTON, MONTGOMERY COUNTY CAREGIVER SUPPORT GROUPS



We offer support groups in-person and virtually throughout Schenectady, Fulton and Montgomery Counties. All groups are led by trained facilitators and are a place to build a support system. Our support groups are free and open to the public, but pre- registration is recommended.

To register or learn more, contact Meagan DeMento,
Outreach Program Manager, at mdemento@alz.org or 518.675.7204.

Arkell Center

2nd Thursday of the month 11:00 a.m.
55 Montgomery Street, Canajoharie

Glenville Senior Center

3rd Tuesday of every month 11:30 p.m.
32 Worden Rd., Glenville

Gloversville Public Library

3rd Wednesday of the month 11:00 a.m.
58 E. Fulton Street, Gloversville

Kingsway Manor - Activities Room

4th Wednesday of the month 5:45 p.m.
357 Kings Rd., Schenectady

Niskayuna Senior Center

1st Friday of the month 11:00 a.m.
2682 Aqueduct Rd., Niskayuna

Rotterdam Senior Center

3rd Thursday of the month 1:00 p.m.
2639 Hamburg Street, Schenectady

IN-PERSON SUPPORT GROUPS VIRTUAL SUPPORT GROUP

3rd Thursday of the month | 5:30 p.m.
Virtual or Telephone - registration required:
call 518.675.7214

alz.org/northeasternny | 800.272.3900

Jamie Doriguzzi-Lichorat
Project Coordinator, Office
for the Aging

Office Staff
Deborah Scharff

Schenectady County
Rotterdam Senior Center
2639 Hamburg St.
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518 – 356-1561



Rotterdam Senior Information

The purpose of this form is for emergency use only

Date _____

Last Name First Name Middle Name

Gender Male Female

Address _____
Street City Zip Code

Phone (Home) _____ Phone (Cell) _____

Email Address _____

Would you like to be added to our email list? No Yes

Primary Doctor _____
Name Phone Number

Hospital Preference: _____

Additional Information:

Yellow Dot Program No Yes Pets No Yes

