

# Rotterdam Senior Center

2639 Hamburg Street, Rotterdam, NY 12303

518-356-1561

Fax: 518-280-3944

[jlichorat@townofrotterdam.gov](mailto:jlichorat@townofrotterdam.gov)

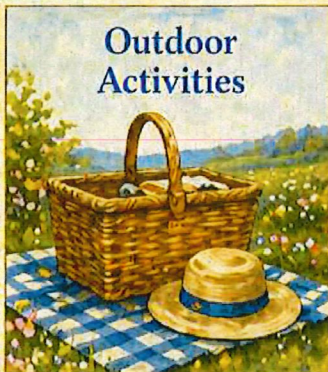
[dscharff@townofrotterdam.gov](mailto:dscharff@townofrotterdam.gov)

## June 2026 Newsletter

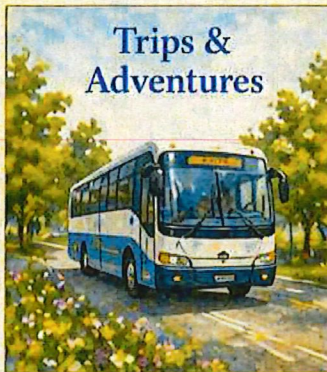
June  
Edition



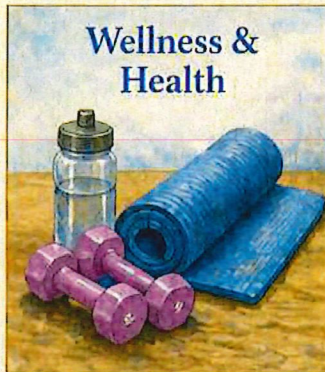
Outdoor  
Activities



Trips &  
Adventures



Wellness &  
Health



Fun, Games  
& More!



Events • Activities • Trips • Wellness Programs

# CENTER NEWS AND SERVICES

## PLASTIC BAG DONATIONS

We are collecting clean, used plastic grocery bags to help food pantry guests carry their groceries home. Please drop off your donations in the black container near the front desk at the Senior Center, Monday–Friday between 8:00 AM - 4:00 PM.

## CORNELL COOPERATIVE EXTENSION PRESENTATION

Debbie Griswold, a Registered Dietitian with Cornell Cooperative Extension offers engaging nutrition presentations that turn healthy eating into a practical lifestyle. Her sessions often feature cooking demonstrations and tastings, focusing on topics like plant-forward diets, mindful eating, and managing chronic health through better food choices. Presentations to be announced.

## NOTARY SERVICE

The Rotterdam Senior Center is happy to provide notary service during regular business hours. Those in need of notary services are requested to bring their driver's license or other state issued picture ID along with **UNSIGNED** document(s) to be notarized. The service is free of charge. **You will need to make an appointment by calling (518) 356-1561.** Hours are 8 am – 4 pm Monday – Friday.

## BLOOD PRESSURE CLINIC

**Tuesday June 2 ~ 10 - 11 AM**

This monthly screening is a free service intended to help community members monitor their cardiovascular health in a convenient setting. No prior appointment is required, allowing you to easily drop in before or after other morning activities like the Osteo Exercise class.

## FREE SUMMER CONCERT SERIES

**Every Monday at 6:30 pm**

**Starting June 1 – August 17**

## RED CROSS BLOOD DRIVE

**Tuesday June 16 ~ 12 - 4 PM**

This community blood drive offers a vital opportunity to help save lives. Donating is a simple way to give back and support neighbors in need of medical care, ensuring essential blood products are available for emergencies and long-term treatments. **Please call 800-RED CROSS or the Senior Center to make an appointment or visit [Redcrossblood.org](http://Redcrossblood.org) and use sponsor code: RotterdamCommunity.** Walk-ins welcome.

## FREE EYEGLASS AND VISION CARE EVENT

**Tuesday June 17 ~ 10 AM**

Join us for free eyeglass cleaning, adjustments, minor repairs, screw tightening, replacement of nose pads and temple covers, vision care guidance, and cleaning tips. Cleaning kits will also be available. **Please sign up by June 15 by calling (518) 356-1561 or by signing up in person at the Senior Center.**

## ALZHEIMER'S SUPPORT GROUP

**Thursday June 18 ~ 1:00 PM.**

**Walk-ins welcome.**

## AARP DEFENSIVE DRIVING COURSE

**June 24 & 25 ~ 1 – 4 PM**

**\$25 for AARP members and \$30 for non-members. Please call 518-356-1561 to sign up.**

# CENTER CLASSES

## PAINTING WITH DANI

**Monday ~ 10:00-1:00 pm**

Certified by the Minneapolis Institute of Art, the instructor Dani Morette provides her expertise as she guides you through your current piece of art. Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. See instructor for information on fees and schedule.

## CHAIR YOGA

**Monday ~ 10:00-11:00 am**

Discover the many benefits of a gentle yoga practice in a supportive, friendly environment. Chair Yoga at the Rotterdam Senior Center is designed for individuals of all fitness levels who are looking for a safe and accessible way to improve their physical and mental well-being. See instructor for information on fee and schedule.

## CRAFTS CLASS

**Thursday ~ 10:00 - noon**

Bring your imagination to life in our Crafts class, a hands-on workshop where creativity knows no bounds. This class is perfect for anyone looking to explore new hobbies, work on DIY projects, or simply enjoy a relaxing hour of "making" in a social setting.

## OSTEO EXERCISE

**Monday & Friday 11:00-12:00 pm**

**Wednesday ~ 10:00-11:00 am**

This exercise class is social and upbeat, filled with conversation and shared encouragement. Whether you're a regular or a newcomer, the focus is on the experience of moving as a group and enjoying the collective energy of the room. It's a wonderful way to break up the day, meet new people, and feel part of a supportive local circle. This class is free of charge.

## ZUMBA

**Wednesday ~ 2:00-3:00 pm**

A Zumba class with Annie is a high-energy "fitness party" designed to be inclusive, easy to follow, and full of personality. Known for her encouraging and upbeat teaching style, Annie creates a welcoming environment where the focus is on moving to the music and having a great time rather than perfect footwork. See instructor for information on fees and schedule.

## EXERCISE BY MORGANA

**Thursday ~ 12:30-1:30 pm**

Join Body by Morgana for a transformative fitness experience designed to improve your strength, balance, and range of motion. Her classes incorporate a blend of seated and standing exercises, carefully curated to promote overall well-being and longevity. See instructor for information on fees and schedule.

# CENTER ACTIVITIES

## COFFEE AND CONVERSATION

**Tuesday June 2 ~ 9:30 am**

Enjoy a warm cup of coffee and engaging conversation in a relaxed and friendly atmosphere. Donated breakfast food items are always welcomed.

## AMERICAN MAH JONG

**Tuesday & Friday ~ 11:30-3:00 pm**

Often described as "rummy with tiles," Mahjong is a classic social game that blends strategy with lighthearted fun. It's the perfect "brain gym"-offering a great way to boost memory and pattern recognition while enjoying face-to-face conversation.

Whether you're a seasoned pro or have never touched a tile, our table is welcoming to all skill levels.

## OPEN QUILTERS

**Tuesday ~ 10:00-3:45 pm**

Join our vibrant quilting community in the Open Quilters class, a space designed for quilters of every skill level. Whether you are a beginner looking to master the basics or an advanced quilter seeking a social environment to work on personal projects, this class offers a "relaxed and fun" atmosphere for everyone.

## BEGINNERS AND BEYOND QUILTING

**Wednesday ~ 10:00-3:45 pm**

The weekly Beginners course starts at 10 AM every Wednesday morning. This course is designed to take the beginning quilter from accurate measuring and rotary cutting to the piecing of a simple quilt. The Beyond part the Beginners course starts at 12:30 PM every Wednesday afternoon and concentrates on more advanced quilting squares and blocks. See the instructor for information on fees and schedule.

## PIECEMAKERS QUILTING

**Thursday ~ 12:30 - 3:45 pm**

Unleash your creativity and refine your craftsmanship with Piecemakers Quilters, a group dedicated to the art of piecing and the joy of shared learning. This class is perfect for those who love the detailed work of turning fabric "pieces" into stunning, cohesive designs.

## BINGO

**Wednesday ~ 11:30 -1:30 pm**

Bingo is the ultimate "pick-up-and-play" activity-it requires no previous experience, just a keen ear and a bit of luck. It's a wonderful way to enjoy some friendly competition in a relaxed atmosphere where the next big win is always just one number away. You can get in on the action with 6 bingo cards for only \$5, and after the games wrap up, we'll be offering 2 slices of pizza and a soda for just \$3.

## BILLIARDS

**Monday – Friday ~ 8:00 - 4:00 pm**

Billiards is a wonderful "low-impact" activity that's as much about the conversation as it is about the game. It's a fantastic way to keep your coordination sharp and your mind engaged, all while enjoying a bit of light movement at your own pace. Whether you've been playing for years or have never held a cue, our tables are a welcoming, no-pressure space for everyone to enjoy.

## PICKLE BALL

**Friday ~ 1:30-3 pm**

Pickleball at the senior center is a social, low-impact sport that blends elements of tennis, badminton, and ping-pong. Designed for all skill levels, it offers a welcoming space for both first-time players and seasoned experts. Call the senior center to sign up (518) 356-1561.

# JUNE BUS TRIPS

**Wednesday June 3<sup>rd</sup> : Dinner at “Maple on The Lake”, Berne NY and a Scenic Drive Through the Helderberg’s to Thatcher Park.** Enjoy a scenic drive through the Helderberg’s with a stop at Thatcher Park’s overlook before dinner at the Maple Inn on the Lake. **The bus departs at 3:45pm.**

**Tuesday June 9<sup>th</sup>: Troy Music Hall Free Noontime Concert. Lunch to follow at Otis and Oliver's.** The Music at Noon concert features Hammerhead Horns, a five-piece ensemble delivering an upbeat, high-energy mix of Roots, Ragtime, and Barrelhouse Blues. **The bus departs at 11 am.**

**Thursday June 11<sup>th</sup>: Culinary Institute of America Tour and Luncheon.** Take the 90-minute student-led CIA Experience tour in Hyde Park, featuring a sensory demo and a peek inside Roth Hall. Follow it with a seasonal, student-run lunch at American Bounty Restaurant. **Cost of tour is \$15/person. The bus departs at 8:30 am.**

**Thursday June 18<sup>th</sup>: Norman Rockwell Museum. Lunch to follow at The Red Lion Inn.** Journey to historic Stockbridge, Massachusetts, for a day of classic Americana. Explore the museum’s spectacular new landmark exhibition, *American Stories: From Revolution to Rockwell*, alongside the world’s largest collection of original Rockwell art. **Admission to museum is \$33.00 per person and due upon arrival at the museum. The tour is at 11:30. The bus departs at 9:45.**

**Tuesday June 23<sup>rd</sup>: Proctor’s Free Noontime Concert. Lunch to follow at Tops Diner.** The Season Finale of the Free Noon Organ Concert features a performance on the historic "Goldie" Mighty Wurlitzer organ, headlined by the popular "15 Minutes of Fame" guests. **The bus departs at 11:30 am.**

**Tuesday June 30<sup>th</sup>: Dinner at “Maple on The Lake”, Berne NY and a Scenic Drive Through the Helderberg’s to Thatcher Park.** Enjoy a scenic drive through the Helderberg’s with a stop at Thatcher Park’s overlook before dinner at the Maple Inn on the Lake. **The bus departs at 3:45pm.**

**Seating is limited.**

**Please call the Senior Center to reserve your seat (518) 356-1561.**