ROTTERDAM SENIOR CENTER

NOVEMBER 2026

NEWSLETTER

ROTTERDAM SENIOR CENTER

2639 Hamburg Street, Rotterdam NY 12303

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Hours: 8:00 AM - 4:00 PM

CENTER NEWS & 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

Wednesday November 4 ~ 12 pm

Join Registered Dietitian Debbie Griswold for a holiday cooking demo featuring delicious, guilt-free recipes, samples, and tips for enjoying the season! **Please RSVP to the Rotterdam Senior Center by Friday, October 30 (518) 356-1561.**

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 8:00 am - 4:00 pm Monday- Friday.**

MVP PRESENTATION

Monday November 2 ~ 10:30 am

Learn about MVP's Medicaid health insurance options, benefits and services available to seniors. **Please call the Senior Center to sign up (518) 356-1561.**

BLOOD PRESSURE CLINIC CANCELED FOR NOVEMBER

FREE EYEGLASS & VISION CARE EVENT

Thursday November 12 ~ 10:00 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.

ROTTERDAM HOMEMAKERS HOME BUREAU

Friday November 6 ~ 12:30 - 2:30 pm

The Rotterdam Homemakers Home Bureau offers members opportunities to build friendships, learn new skills, participate in community projects, and enjoy social activities throughout the year. **Call Linda Dagostino at 518-355-8925 with any questions.**

ALZHEIMER'S SUPPORT GROUP

Thursday November 19 ~ 1:00 PM.

Walk-ins are always welcome.

CENTER CLASSES

PAINTING WITH DANI

Monday ~ 10:00 - 1:00 pm

Join instructor Dani Morette as she guides painters of all skill levels in developing their skills and techniques. Bring your own supplies. See instructor for fees and schedule.

CHAIR YOGA

Monday ~ 10:00 - 11:00 am

Enjoy gentle yoga using a chair for support, with seated and standing exercises to improve flexibility, balance, and overall well-being. See instructor for fees and schedule.

CRAFTS CLASS

Thursday ~ 10:00 - noon

Bring your imagination to life in our Crafts class, a hands-on workshop. 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.

AGELESS POWER & STRENGTH

Wednesday 11:30 - 12:30

Build strength for everyday activities and improve balance to help prevent falls. Chair support is provided. See instructor for fees and schedule.

OSTEO EXERCISE

Monday & Friday ~ ll:00 - 12:00 pm

Wednesday ~ 10:00 - 11:00 am

Enjoy an upbeat, social exercise class with friendly conversation and encouragement. All are welcome! **Free of charge.**

ZUMBA

Wednesday ~ 1:00 - 2:00 pm

Enjoy a fun, upbeat Zumba class with Annie! Move to the music, stay active, and have fun in a welcoming atmosphere. See instructor for fees and schedule.

EXERCISE BY MORGANA

Thursday ~ 12:30 - 1:30 pm

Improve your strength, balance, and flexibility with a mix of seated and standing exercises. See instructor for fees and schedule.

LINE DANCING

Thursday ~ 1:00 - 2:00 pm

Get moving with fun, beginner-friendly dances that are a great way to exercise, socialize, and have fun! Beginners are always welcome, and no partner is needed. See instructor for information on fees and schedule.

CENTER ACTIVITIES

COFFEE & CONVERSATION CANCELED FOR NOVEMBER

AMERICAN MAH JONG

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

Mahjong is a fun, social tile game that keeps your mind active while enjoying friendly conversation. Beginners and experienced players are welcome!

OPEN QUILTERS

Tuesday ~ 10:00-3:45 pm

Bring your quilting project and enjoy a relaxed, friendly atmosphere. Quilters of all skill levels are welcome!

PINOCHLE AND CARDS

Tuesday & Thursday ~ 10:00 -3:45 pm

Enjoy a friendly game of cards, meet new friends, and have some fun! All skill levels are welcome.

BEGINNERS AND BEYOND QUILTING

Wednesday ~ 10:00-3:45 pm

Learn the basics of quilting in the morning Beginners class, then build your skills with the afternoon Beyond class featuring more advanced techniques. See the instructor for fees and schedule.

Wii BOWLING

Wednesday ~ 12:00 - 2:30 pm

Join us for a fun, friendly game of virtual bowling! No bowling shoes required-just come ready to have some fun and enjoy the competition.

PIECEMAKERS QUILTING

Thursday ~ 12:30 - 3:45 pm

Join fellow quilters to create beautiful projects, share ideas, and enjoy the art of quilting in a friendly, welcoming group.

BINGO

Wednesday ~ 11:30-1:30 pm

Enjoy an afternoon of fun, friendly competition, and the chance to win! **Play 6 bingo cards for just $5. After the games, enjoy 2 slices of pizza and a soda for only $3.**

BILLIARDS- DARTS -SHUFFLEBOARD

Monday – Friday ~ 9:00- 3:45 pm

Enjoy friendly games of billiards, shuffleboard, and darts! A great way to stay active, meet friends, and have fun. Beginners and experienced players are always welcome.

PICKLE BALL

Friday ~ 1:30- 3:00 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 expe11s.

NOVEMBER BUS TRIPS 2026

Wednesday and Thursday November 4 & 5: Fred's Pick - Prospect Mountain Scenic Highway Lake George. Lunch to follow at The Log Jam. Enjoy stunning fall foliage, Lake George views and shop the outlets. **The bus departs at 9:30 am.**

Friday November 6: MASS MOCA Museum. Lunch to follow at the Water Street Grill. Enjoy a day in the Berkshires with a visit to MASS MoCA, time to explore the charming shops of Williamstown, and a stop at Karen's Quilting Corner. A delightful day filled with art, local charm, and shopping! **Admission to the museum is $22. The bus departs at 9 am.**

Tuesday November 10: Proctor's Free Noontime Concert. Lunch to follow at Blake 925. Enjoy a special Veterans Day and Thanksgiving holiday music performance featuring the Helen Maksymicz & Martha Regelmann Duo.
The bus departs at 11 :30 am.

Tuesday November 17: Apple Barrel/Carrot Barn. Lunch to follow at The Apple Barrel. Enjoy a fun fall outing to The Apple Barrel and Carrot Barn. Browse the shops, soak in the autumn atmosphere and enjoy a delicious lunch at The Apple Barrel. **The bus departs at 10 am.**

Monday November 30: Turning Stone Casino. Enjoy a day of gaming, shopping, and delicious dining! Try your luck, browse the shops, and stop for lunch at one of the many dining options available. **The bus departs at 9 am.**

Seating is limited.

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

•Senior Housing Resources

If you or someone you know is looking for affordable senior housing, the following communities in the Rotterdam area may be worth exploring. Contact each property directly for information about eligibility, availability, and waiting lists.

Edison Senior Apartments
1310 Princetown Road, Rotterdam, NY 12306
(518) 347-9247
Affordable one- and two-bedroom apartments for adults age 62 and older. Heat, hot water, and other utilities are included, with community amenities designed for independent living.

Father Leo O'Brien Housing (Marra Lane)
3151 Marra Lane, Schenectady, NY 12303
(518) 357-4424
A welcoming senior housing community offering affordable one-bedroom apartments for independent older adults in a convenient Rotterdam location.

Holly Manor Apartments
2415 Curry Road, Rotterdam, NY 12303
(518) 356-6811
Affordable one- and two-bedroom apartments for seniors, featuring on-site laundry, off-street parking, and a comfortable community atmosphere.