

Rotterdam Senior Center

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April 2026 Newsletter



Events • Activities • Trips • Wellness Programs

CENTER NEWS AND SERVICES

BLOOD PRESSURE CLINIC

Wednesday April 1 10:30 – 11:30 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.

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.

THE MARK ANTHONY MEMORIAL JAZZ APPRECIATION MONTH CONCERT

Saturday April 11 2:00 – 5:00 PM

The Mark Anthony Memorial Concert is an annual event held in April to celebrate Jazz Appreciation Month (JAM). It serves as a tribute to the late drummer and union leader Mark Anthony, who was a pivotal figure in the Schenectady and Capital Region music scene. Please RSVP by calling 518-356-1561.

BASIC FIRST AIDE TRAINING

Friday April 17 12:00 PM

Steven Redmond will lead this basic first aid training, providing an opportunity to learn from an experienced instructor and gain confidence in handling medical emergencies. This program is part of an ongoing effort to provide health and safety resources to the local community. Please RSVP by April 15 by calling 518-356-1561.

RED CROSS BLOOD DRIVE

Tuesday April 21 1:30 – 5:30 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 518-356-1561 to make an appointment or visit Redcrossblood.org and use sponsor code: RotterdamCommunity. Walk-ins welcome.

ELECTRONIC RECYCLING DAY

Saturday April 18, 2026, 9AM – 3PM

Questions? Call (518) 948 - 4235

ALZHEIMER'S SUPPORT GROUP

Thursday April 23 1:00 PM. Walk-ins welcome.

AARP DEFENSIVE DRIVING COURSE

Wednesday April 29 & 30 1 – 4 PM

\$25 for AARP members \$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.

ZENTANGLE

Monday 12:30 – 2:30 pm

The Zentangle method is an easy-to-learn, relaxing, and meditative drawing technique that uses structured, simple patterns (tangles) to create intricate, non-representational art. It encourages mindfulness, focus, and creativity by transforming simple lines and shapes into beautiful, abstract designs on small paper tiles. Please see instructor for fees and schedule.

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 April 7 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.

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.

APRIL BUS TRIPS

Thursday April 9th: Lunch at the Beekman Arms, Rhinebeck NY /Shopping: Experience history and charm in Rhinebeck, NY! Enjoy lunch at the Beekman Arms—America’s oldest inn—then spend the afternoon exploring the village’s unique boutiques and local art galleries. **The bus departs at 9:30 AM.**

Tuesday April 14th: Troy Music Hall Free Noontime Concert. Lunch to follow at Alexis Diner. Acclaimed sitarist Veena Chandra and her son, tabla virtuoso Devesh Chandra, are master educators and performers of North Indian classical music. Together, they blend traditional sounds with global genres, collaborating with artists across Jazz, Folk, and Western Classical styles. **The bus departs at 11:00 AM.**

Tuesday April 21st: Proctor’s Free Noontime Concert. Lunch to follow at Blue Ribbon Diner. “Music for Spring” features Central NY musicians Helen Maksymicz—a Proctors organist and Dixieland bandleader—and retired choral director Martha Regelmann for a collaborative performance on organ and piano. **The bus departs at 11:30 AM.**

Monday April 27th & Tuesday April 28th: Grapevine Farms. Enjoy a meal at this charming 1850s farmhouse in Cobleskill, NY. Explore themed rooms like the Farmhouse Bistro, an exquisite wine cellar, a bakery, and a gift shop featuring jewelry, clothing, and brands like Vera Bradley and Brighton. **The bus departs at 9:30 AM.**

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