

# ROTTERDAM

## *Senior Center*

CONNECT • ENGAGE • ENRICH

# NEWSLETTER

SEPTEMBER

2026

# *Together*

WE GROW  
WE CONNECT  
WE THRIVE



MEANINGFUL CONNECTIONS



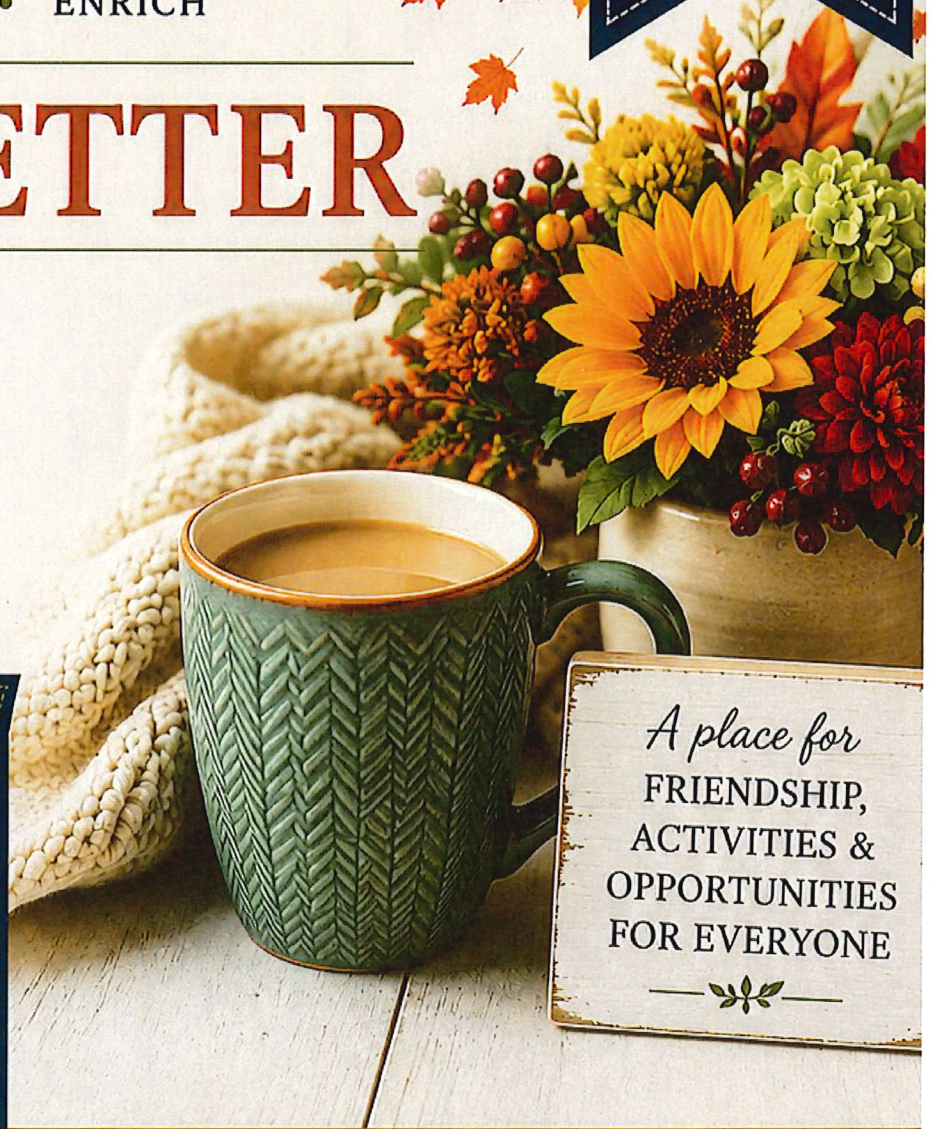
LIFELONG LEARNING



HEALTH & WELLNESS



FUN & ENRICHING ACTIVITIES



*A place for  
FRIENDSHIP,  
ACTIVITIES &  
OPPORTUNITIES  
FOR EVERYONE*



Building a stronger, healthier community  
— one connection at a time.



2639 HAMBURG STREET  
ROTTERDAM, NY 12303



518-356-1561  
FAX: 518-280-3944



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HOURS:  
8:00 AM – 4:00 PM

*Enriching Lives.*



*Building Community.*



*Every Day.*

# 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.**

## 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.**

## BLOOD PRESSURE CLINIC

**Tuesday September 1 ~ 10:00 – 11:00 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 EYEGLASS AND VISION CARE EVENT

**Thursday September 10 ~ 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 September 11 ~ 12:30 – 2:30**

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 September 17 ~ 1:00 PM.**

Walk-ins are always welcome.

# CENTER CLASSES

## **PAINTING WITH DANI**

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

Learn new painting techniques with instructor Dani Morette. Beginners and experienced artists are welcome. Bring your own supplies. See the instructor for fees and schedule.

## **CHAIR YOGA**

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

Improve flexibility, balance, and relaxation with gentle Chair Yoga in a welcoming environment. Suitable for all fitness levels. See the 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**

**Class Starts Wed. Sept. 9**

Build strength for everyday activities and improve balance to help prevent falls. Chair support is provided. **\$5 per class. Sign-up is required.**

## **OSTEO EXERCISE**

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

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

Stay active, meet new friends, and enjoy a fun, supportive group exercise class. Everyone is welcome, and the class is free!

## **ZUMBA**

**Wednesday ~ 1:00-2:00 pm**

Dance, exercise, and have fun with Annie in this upbeat Zumba class. Easy to follow and welcoming for all fitness levels. See the instructor for fees and schedule.

## **EXERCISE BY MORGANA**

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

Improve your strength, balance, and flexibility with Body by Morgana. This class combines seated and standing exercises for all fitness levels. See the 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 AND CONVERSATION

**Tuesday September 1 ~ 9:30 am**

Enjoy a warm cup of coffee and refreshments and an engaging conversation in a relaxed and friendly atmosphere.

## 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 and 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.

## 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-SHUFFLEBOARD-DARTS

**Monday – Friday ~ 8:00 - 4:00 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**

A fun, social, low-impact sport combining elements of tennis, badminton, and ping-pong. All skill levels are welcome! **Call the senior center to sign up (518) 356-1561.**

## BOCCE BALL

**Tuesday ~ 1:30 – 3:00 pm**

**Starting Tuesday Sept. 15**

Try our new bocce ball activity (weather permitting)! Enjoy this fun, easy-to-learn game while getting some gentle exercise and socializing with friends. All skill levels are welcome! **Call the senior center to sign up (518) 356-1561.**

# SEPTEMBER BUS TRIPS 2026

**Tuesday September 8: Cooperstown/Farmers or Fenimore Museum/Baseball Hall of Fame/Shopping and lunch at The Blue Mingo Grill.** Spend the day exploring Cooperstown! Choose the Farmers' Museum (\$12.50), Fenimore Art Museum (\$12.50), Baseball Hall of Fame (\$24), or browse Cooperstown's charming Main Street shops, featuring unique gifts, boutiques, specialty items and baseball memorabilia. **Bus departs at 9:00 AM.**

**Thursday September 17: New York State Museum. Lunch to follow at Orchard Tavern West.** Explore fascinating exhibits including Revolutionary New York, Fashion and Faith: Hats of the Great Migration, Berenice Abbott: Changing New York, and the Oechsle Clock Collection. Enjoy a day of history, culture, art, and discovery. **The bus departs at 10:00 AM.**

**Wednesday September 23: Olana State Historic Site. Lunch to follow at 225 Bar and Grill.** Explore Frederic Church's historic home and beautiful grounds, with breathtaking views of the Hudson River, Catskills, and surrounding countryside. **Admission is \$20.00. The bus departs at 9:30 AM.**

**Friday September 25: Fo'Castle Farms/Lakeside Farms.** Enjoy a visit to Fo'Castle Farm, featuring a country store filled with unique gifts, local products, baked goods, and seasonal favorites. Enjoy lunch with plenty of time to browse and shop. **The bus departs 10:00 AM.**

**Tuesday September 29: Hancock Shaker Village. Lunch to follow at Flo's Diner.** Step back in time and explore the historic Shaker village, featuring beautifully preserved buildings, gardens, farm animals, and fascinating Shaker history. **Admission is \$18.00. The bus departs at 10:00 AM.**

**Wednesday September 30: Woodstock NY.** Explore Woodstock's charming shops, galleries, local crafts, and creative atmosphere while enjoying a relaxing day in this unique Hudson Valley town. **The bus departs at 10:00 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.