



# Daily Activities

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

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## MONDAY

Chair Yoga- 10:00AM-11:00AM

Painting- 10:00AM – 1:00PM

Osteo Exercise – 11:00AM – 12:00PM

## TUESDAY

Pinochle and Cards - 10:00AM – 3:45 PM

Open Quilters – 10:00AM - 3:45PM

Mah Jong – 11:30AM – 3:00PM

Bocce Ball – 1:30PM – 3:00PM

## WEDNESDAY

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

Osteo Exercise – 10:00AM – 11:00AM

Bingo – 11:30AM – 1:30PM

Zumba – 1:00PM – 2:00PM

## THURSDAY

Billiards, Shuffleboard, Darts – 9:00AM – 3:45PM

Crafts – 10AM – 12PM

Pinochle and Cards -10:00AM – 3:45PM

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

Line Dancing – 1:00 – 2:00PM

Exercise by Morgana 12:30PM – 1:30PM

## FRIDAY

Osteo Exercise – 11:00AM – 12:00PM

Mah Jong – 11:30AM – 3:00PM

Pickleball – 1:30 – 3:00PM