

Rotterdam Senior Center

2639 Hamburg Street, Rotterdam, NY 12303

518-356-1561

Fax: 518-280-3944

jlichorat@townofrotterdam.gov

dscharff@townofrotterdam.gov

★
July
Edition
★

July 2026 Newsletter



Outdoor
Activities



Trips &
Adventures



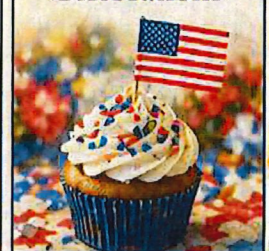
Wellness &
Health



Fun, Games
& More!



Events &
Celebrations



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 cany 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 July 7 ~ 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.

ELLIS HOSPITAL VOLUNTEER RECRUITMENT

Become an Ellis Medicine Volunteer and make a difference in your community. Opportunities include clerical support, ICU and hospital greeters, ER and nursing unit support, pet therapy, gift shop roles, and more. Commit just 4 hours a week for 6 months. **Learn more on July 13, 9:30 AM–12 PM at the Rotterdam Senior Center or call (518) 243-4009.**

FREE EYEGLASS AND VISION CARE EVENT

Tuesday July 15 ~ 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.**

FREE SUMMER CONCERT SERIES

**Every Monday at 6:30 pm
Until August 17**

ALZHEIMER'S SUPPORT GROUP

Thursday July 16 ~ 1:00 PM.
Walk-ins welcome.

EMERGENCY PREPAREDNESS

Thursday July 23 ~ 1 – 2 PM

Join us at the Rotterdam Senior Center for a free, 1-hour workshop led by the New York National Guard. You will learn easy, practical steps to prepare for, respond to, and recover from severe storms, power outages, and other emergencies. The session covers how to build a family plan, pack essential supplies, and stay informed using local alerts. **Registration is required. Sign up at the front desk or call 518-356-1561.**

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 July 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.

PICKLE BALL

Friday ~ 1-3 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.

JULY BUS TRIPS 2026

Thursday July 9: Hildene: Lincoln Family Home Manchester Vermont. Lunch at Mulligans of Manchester. Discover Hildene, the historic estate of Robert Todd Lincoln. Tour the grand Georgian Revival mansion, then enjoy a relaxing golf cart ride through magnificent formal gardens and breathtaking vistas. From history to horticulture, experience an unforgettable day. **Admission for guided tour is \$27.00 per person. The bus will depart at 8:45 am.**

Wednesday July 15: Saratoga Racino, Saratoga Auto Museum or Shopping in Downtown Saratoga.

Name your pleasure and our driver will happily take you to your destination! Choose your own perfect itinerary in beautiful Saratoga Springs. Win big with casino action at the Racino or stroll down Broadway for unique boutique shopping and lunch at a local eatery. You can also visit the Saratoga Automobile Museum to explore a landmark Mercedes-Benz exhibition celebrating 140 years of automotive luxury, design, and engineering excellence. **Admission to the Saratoga Auto Museum is \$15.00. The bus will depart at 9:30 am**

Tuesday July 21: Lake George Boat Ride. Lunch to follow at Boardwalk Restaurant and Marina. Experience the beauty of Lake George on a relaxing 2-hour cruise with Adventure Boat Tours. Enjoy panoramic views of the lake, surrounding mountains, and historic sites while spending a pleasant day with fellow travelers. Perfect for sightseeing and making wonderful memories. **The boat ride is \$47.50 per person. The bus departs at 8:30 am.**

Tuesday July 28: Fenimore Farm/Fenimore Museum. Lunch at Otesaga Hotel. Travel with us to Cooperstown to experience the living history event, "Forged in Revolution: An Early Military Encampment" at Fenimore Farm. Immerse yourself in early American history with active military camps, live tactical demonstrations, and a working nineteenth-century country village. You can also customize your day by adding admission to the renowned Fenimore Art Museum directly across the street to explore world-class fine art and Native American collections. **Admission: \$12.50 for one museum or \$22.50 for the two-museum pass. The bus will depart at 9 am.**

Seating is limited.

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