

ROTTERDAM *Senior Center*

NEWSLETTER

CONNECT • ENGAGE • ENRICH

OCTOBER

2026

Fall
IS A
Beautiful
TIME TO
BELONG
—♥—



MEANINGFUL
CONNECTIONS



LIFELONG
LEARNING



HEALTH &
WELLNESS



FUN & ENRICHING
ACTIVITIES

A STRONGER
Community
TOGETHER



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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.**

CORNELL COOPERATIVE EXTENSION PRESENTATION

Friday October 23 ~ 12 pm

Join Cornell Cooperative Extension for an informative presentation on carbohydrates. Learn about different types of carbohydrates and how to make healthier choices. **Enjoy food samples and take-home recipes to try! Call the senior center to sign up (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.**

BLOOD PRESSURE CLINIC

Tuesday October 6 1 ~ 10:00 – 11:00 AM

Free blood pressure checks during Coffee & Conversation on the first Tuesday of each month. No appointment is needed.

Medicare Information Presentation

Wednesday, October 28 11:00 AM–12:00 PM

Join David Montalvo from CDPHP for an informative presentation on Medicare, including upcoming changes that may affect seniors, coverage, costs, and benefits. Bring your questions!

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 August 17th, 9:30 AM–12 PM at the Rotterdam Senior Center or call (518) 243-4009.

FREE EYEGLASS AND VISION CARE EVENT

Thursday October 7 ~ 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 October 9 ~ 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 October 15 ~ 1:00 PM.

Walk-ins are always welcome.

AARP DEFENSIVE DRIVING COURSE

October 21 & 22~1-4 PM

\$25 for AARP members and \$30 for non-members. Please call 518-356-1561 to sign up.

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. **\$5 per class. Call the senior center to sign up (518) 356-1561.**

OSTEO EXERCISE

Monday & Friday ~ 11:00-12:00 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 AND CONVERSATION

Tuesday October 6 ~ 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.

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 experts. **Call the senior center to sign up (518) 356-1561.**

BOCCE BALL

Tuesday ~ 1:30 – 3:00 pm

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.**

OCTOBER BUS TRIPS 2026

Monday October 5: Fo'Castle Farm/Lakeside Farm. Enjoy a visit to Fo'Castle Farm, featuring a country store filled with unique gifts, local products, baked goods, and seasonal favorites. Enjoy lunch at Lakeside Farm with plenty of time to browse and shop. **The bus departs at 10:00 am.**

Thursday October 8: 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.**

Tuesday October 13: Proctor's Free Noontime Concert. Lunch to follow at Bellevue Cafe. Get into the Halloween spirit with spooky music from the Ghosts of Proctors — “The Count” Jay Rappold and the Spooky Sisters, Jayne Dozois and Susan Sager-Clarke. A fun and festive afternoon of Halloween music! **The bus departs at 11:30 am.**

Thursday October 15: Mark's Pick - Cazenovia, NY. Lunch to follow at Lincklaen House - Seven Stone Steps. Enjoy beautiful fall scenery, charming Cazenovia, lunch at the historic Lincklaen House, scenic Cazenovia Lake, and a visit to the Wizard of Oz Museum! We'll also stop at breathtaking Chittenango Falls State Park. **AAA members receive a discount on museum admission. Museum admission is \$14/person.** **The bus departs at 9 am.**

Tuesday October 20: Fred's Pick - Prospect Mountain Scenic Highway Lake George. Lunch to follow at The Log Jam. Enjoy stunning fall foliage and Lake George views, shop the outlets, and finish with a stop at Martha's Ice Cream. **The bus departs at 9:30 am.**

Friday October 30: Apple Barrel/Carrot Barn. Enjoy a fun fall outing to the Apple Barn and Carrot Barn! Browse the shops, soak in the autumn atmosphere, and enjoy a delicious lunch at the Apple Barn. **The bus departs at 10 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.