

THE SENIOR CENTER Newsletter

• SERVING THE 55+ COMMUNITY OF ROTTERDAM •

AUGUST 2026

Stay Active.

Stay Connected.

Stay Inspired.



FRIENDSHIP



ACTIVITIES



WELLNESS



FUN

Supporting Independence • Enriching Lives • Building Community

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CENTER HOURS

Monday – Friday
8:00 AM – 4:00 PM

All are welcome!
COME IN. GET INVOLVED.
MAKE NEW FRIENDS!

★ PROUDLY SERVING THE ROTTERDAM COMMUNITY SINCE 1975 ★

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 August 21 ~ 12:00 pm

Join Registered Dietitian Debbie Griswold for the "Meals for One" presentation and cooking demonstration. This event will share practical tips and recipes for scaling down your favorite dishes into portions perfect for one or two people. Attendees can enjoy delicious food samples while learning how to simplify their daily cooking routines. **Space is limited. Please call 518-356-1561 to RSVP by August 20th.**

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 August 4 ~ 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.

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

Wednesday August 12 ~ 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. **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

August 20 ~ 1:00 PM.

Walk-ins are always welcome.

MOHONASEN BRADT SCHOOL CHILDREN'S PERFORMANCE

August 7 ~ 12:00 pm

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. 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

CLASSES WILL RESUME IN THE FALL.

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.

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 August 4 ~ 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

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 ~ 1:30 – 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.**

AUGUST BUS TRIPS 2026

Thursday August 6: Iroquios Museum Howes Cave NY. Lunch to follow at Apple Barrel Country Store and Cafe. Discover the rich history and vibrant culture of the Haudenosaunee (Iroquois) people at the Iroquois Museum. Explore fascinating exhibits, beautiful artwork, and scenic walking trails in the heart of Schoharie County. **Admission to the museum is \$6.50. The bus departs at 10:00 am.**

Wednesday August 12: Saratoga Your Way! Saratoga Racecourse, Saratoga Racino, Saratoga Automobile Museum, Downtown Shopping Create your own perfect day in beautiful Saratoga Springs! Enjoy live thoroughbred racing at the Saratoga Racecourse, try your luck at the Saratoga Racino, browse unique shops and restaurants along Broadway, or explore the Saratoga Automobile Museum's special Mercedes-Benz exhibition. **Automobile Museum Admission: \$15.00. Racetrack Admission: \$7. Bus Departs: 9:30 a.m.**

Tuesday August 18: Saratoga National Historical Park. Lunch to follow at The Olde Bryan Inn. Enjoy an afternoon of lively bluegrass with Celtic flair as The McKrells perform their signature blend of spirited melodies, rich harmonies, and toe-tapping favorites in the beautiful setting of Saratoga National Historical Park. **The concert is a free event. Bus departs at 10:45am**

Wednesday August 26: Luncheon at the Lake George Dinner Theater. Enjoy a delicious lunch and experience The Marvelous Wonderettes, a heartwarming musical featuring four friends, lively harmonies, and beloved songs from the 1950s and 1960s. **Admission including lunch is \$78.85. Payment is due no later than August 3rd. Cash payment only. Receipt will be given. No refunds. 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.