



2016

Senior Services

# Rotterdam Senior Citizen's Center

2639 Hamburg Street

Rotterdam, NY 12303

(518)356-1561

Fax (518)280-3944

TOWN OF ROTTERDAM  
SENIOR CITIZEN CENTER  
2639 HAMBURG STREET  
ROTTERDAM, NEW YORK 12303

DEPARTMENT OF  
RECREATION  
(518)356-1561  
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CITIZEN CENTER  
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## Overview

The Town of Rotterdam's Senior Citizen's Center (Center) is located at 2639 Hamburg Street and is open from 8:00 AM until 4:00 PM Monday through Friday (the office is closed during lunch, 12:00 noon until 1:00 PM Monday through Friday). The Center welcomes any senior who is **55 years of age or older**. We post our weekly schedule on the Town of Rotterdam website and have printed copies at the Center.

Located in the Center is the **Brass Rail Café** which is open Monday through Friday from 8:30 AM until 2:30 PM. More than a place to eat, the Café is a meeting place! Many of our seniors who are new to the Center first "try out" the delicious menu served at Café. The cook is a paid employee who is assisted by wonderful volunteers who always provide a warm and inviting atmosphere.

The Town of Rotterdam provides transportation to the Center from the three senior housing complexes in Rotterdam via a small bus which is driven by a CDL driver. Every Monday and Wednesday the bus brings residents for lunch and Bingo at the Center. Twice a month the bus brings seniors to Colonie Center so they may make any needed purchases.

## Services Offered

### *Healthy Living & Blood Pressure Checks –*

Every Thursday from 9:00 AM to 10:00 PM we have a registered nurse come to the senior center and take blood pressure readings. This also gives the seniors an opportunity to speak to someone in the health care field about any medical questions they may have.

### *Interesting Day Trips -*

The Town of Rotterdam sponsors eight to ten day trips per year for senior residents of the Town. Our day trips are planned to accommodate seniors and they can include boat tours, train trips, museums and theatres.

### *Informational Courses -*

The Town sponsors AARP 55 Alive Driving Courses throughout the year. We also host the AARP Income Tax Preparation which is held from February until April 15<sup>th</sup>. Many insurance companies have seminars at our center to inform seniors turning 65 and eligible for Medicare and those already on Medicare of any changes in the Medicare laws that would affect their insurance coverage. The Schenectady County Health Department holds a free Rabies Clinic at the center in February.

The staff at the Senior Center has information on HEAP Applications, Weatherization Programs and other programs sponsored by the county or state to help seniors receive the aid they need to keep warm during the winter months. The staff also can refer seniors or their families to the correct agencies to receive the information or help they may need.

## Weekly Schedule

### Monday

#### **Alternative Healing - 10:00 AM - 12:00 Noon**

Stan Karpinski, leads a discussion group that provides valuable information on holistic and mainstream medicine. This class teaches you ways to manage disease and gives you the latest information from the alternative medical world.

#### **Painting - 10:00 AM - 2:00 PM**

Dani Morette is the instructor for this traditional painting class. Dani is an accomplished artist herself and she will help you to pick your subject matter and execute your project. You will learn shading and shadows and be able to create your personal masterpiece.

#### **Yoga - 10:30 AM - 11:30 AM**

Jean Sefcovic is the instructor for this class. She will teach you Yoga from a chair. Jean has worked with seniors and others with physical challenges and she has developed routines that will help you to keep your balance and range of motion.

#### **Quilting - 11:30 AM- 3:30 PM**

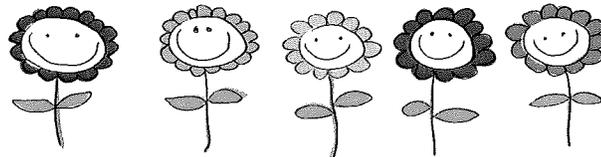
Patsy Quimby is the instructor for this class. All of the women who come in share their patterns and their tips for creating beautiful wall hangings, table runners, baby items and quilts.

#### **Bingo - 12:30 PM - 3:00 PM**

Eva Bray and Beverly Martino are the volunteers who run our bingo game held every Monday and Wednesday. There is a minimum charge of \$3.00 for six (6) bingo cards. We ask that you purchase your cards by 12:00 PM so that the money can be totaled prize money.

#### **Billiards - 9:00 AM - 4:00 PM**

We have two (2) professional billiards tables that are available every afternoon. This is not a teaching class, this is a group of seniors who come to practice their shots and play with others interested in the game of billiards.



## Weekly Schedule

### Tuesday

#### **Latin Moves – 9:00 AM – 9:45 AM – February 16<sup>th</sup> – May 3<sup>rd</sup>, 2016**

A fun friendly workout anyone can do, including beginners, that combines fast and slow, low-impact exercise set to Latin rhythms.

#### **Exercise Class - 10:00 AM - 11:00 AM**

Bridget Pandori is the instructor for this general exercise class. This class can be modified to fit special needs you may have. You can speak to the instructor before class and she can help you make the changes you need to be comfortable.

#### **Brain Aerobics - 10:00 AM - 11:00 AM**

Kathleen DeSalvatore is the instructor for this class. Kathleen was researching Alzheimer's Disease on the internet when she found evidence that stimulating areas of the brain could reduce your risk for the disease. Kathleen prepares puzzles, pictures and other materials that will keep your brain activity at its peak.

#### **Knitting/Crocheting Class – 10:00 AM – 1:00 PM**

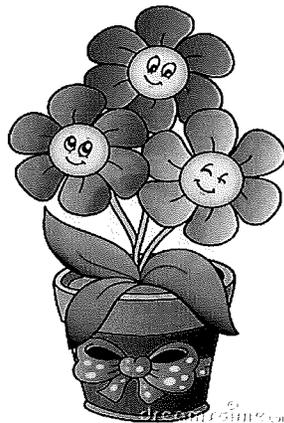
This is a new class beginning on Jan. 12<sup>th</sup>, 2016. If you have never done this before, we will have supplies for you to use before investing in buying your own.

#### **Spanish Class - 11:00 AM -12:00 Noon – Begins in April 2016**

Susan Kaplan is the instructor for this class. She will teach you this romance language. This is a 10 week session.

#### **Billiards - 9:00 AM - 4:00 PM**

We have two (2) professional billiard tables that are available every afternoon. This is not a teaching class, this is a group of seniors who come to practice their shots and play with others interested in the game of billiards.



## Weekly Schedule

### Wednesday

#### Ceramics - 9:00 AM - 12:30 PM

Beverly Van Wormer is the instructor for this class. She will show you how to create beautiful ceramics for your own house or to give as gifts. She has a large assortment of bisque for you to choose from.

#### Tole Painting - 10:00 AM - 2:00 PM

Judy Simpson is the instructor for this class. She will show you how to paint on wood, glass, fabric, any item that you wish to paint. Judy has many patterns and paints that you can use to complete your project. She will help you every step of the way and you will be amazed at the results.

#### Aerobics Exercise Class - 10:00 AM - 11:00 AM

Yvonne Alex is the instructor for this class. She will show you a low impact aerobic dance routine that will elevate your heart and keep your cardiovascular system healthy.

#### Advanced Osteo Exercise - 10:00 AM - 11:00 AM

Norma Bright is the instructor for this class. Osteo exercise helps to keep your bones strong by keeping the muscle in your body strong. There is no fee for this class and we have the hand and leg weights that you will need. If you have done osteo exercise before, this is the class for you.

#### Beginning & Intermediate Osteo Exercise - 11:00 AM - 12:00 Noon

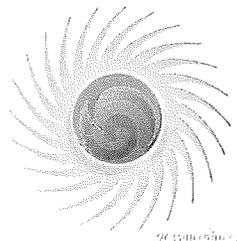
Ann Draiss is the instructor for this class. For anyone who has never taken an osteo exercise class, this is the one for you. It has been proven that light weights used in conjunction with slow, repetitive motion helps not only our muscles but keeps our bones strong. We have the light arm and leg weights that you will need.

#### Bingo - 12:30 PM - 3:00 PM

Eva Bray and Beverly Martino are the volunteers who run our bingo game held every Monday and Wednesday. There is a minimum charge of \$3.00 for six (6) bingo cards. We ask that you purchase your cards by 12:00 PM so that the money can be totaled and divided as prizes for each game. All of the money taken in goes back out in prize money.

#### Billiards - 1:00 PM - 4:00 PM

We have two (2) professional billiard tables that are available every afternoon. This is not a teaching class, this is a group of seniors who come to practice their shots and play with others interested in the game of billiards.



## Weekly Schedule

### Thursday

#### **Blood Pressure Clinic - 9:00 AM - 10:00 AM**

Carol Reisinger, our registered nurse, will be available to take your blood pressure. You will be able to monitor your pressure accurately and report your readings to your personal health care provider.

#### **Italian Class - 9:00 AM - 12:00 Noon**

Robert Dean is the instructor. He will teach you the romance language of Italy. This course is given in two (2) segments; 9:00 - 10:00 AM is the beginners class, 10:00 AM - 12:00 noon is the intermediate and advanced class.

#### **Craft Class - 10:00 AM - 12:00 Noon**

Caroline "Ki" Hallenbeck is the instructor. She will work with you to produce beautiful crafts for your home and also for sale at the Senior Center.

#### **Exercise Class - 10:00 AM - 11:00 AM**

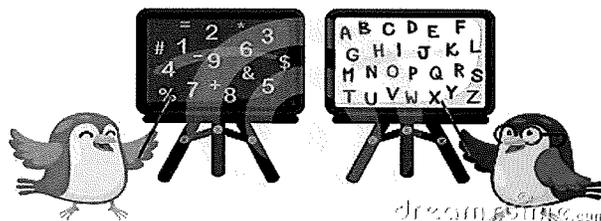
Bridget Pandori is the instructor for this class. This class can be modified to fit special needs you may have. You can speak to the instructor before class and she can help you make the changes you need to be comfortable.

#### **Quilting - 1:00 PM - 3:00 PM**

There is not a formal instructor for this class. All of the women who come in share their patterns and their tips for creating beautiful wall hangings, table runners, baby items and quilts.

#### **Billiards - 9:00 AM - 4:00 PM**

We have two (2) professional billiard tables that are available every afternoon. This is not a teaching class, this is a group of seniors who come to practice their shots and play with others interested in the game of billiards.



## Weekly Schedule

### Friday

#### Yoga - 9:00 AM - 10:00 AM

Jean Sefcovic is the instructor for this class. She will teach you Yoga from a chair. Jean has worked with seniors and others with physical challenges and she has developed routines that will help you to keep your balance and range of motion.

#### Computer Class - 9:00 AM - 11:30 AM - Temporarily Canceled

Robert Bump is the teacher for this class. We have two computers for seniors to learn on and you are welcome to bring in your own laptop computer. You do not have to know anything about computers to join this class. You must call the office at the Senior Center to make an appointment.

#### Advanced Osteo Exercise - 10:00 AM - 11:00 AM

Norma Bright is the instructor for this class. This class helps to keep your bones strong by keeping the muscle in your body strong. There is no fee for this class and we have the hand and leg weights that you will need. If you have done Osteo Exercise before, this is the class for you.

#### Beginning & Intermediate Osteo Exercise - 11:00 AM - 12:00 Noon

Ann Draiss is the instructor for this class. For anyone who has never taken an osteo exercise class, this is the one for you. It has been proven that light weights used in conjunction with slow, repetitive motion helps not only our muscles but keeps our bones strong. We have the light arm and leg weights that you will need.

#### Mah Jong - 11:30 AM - 3:00 PM

Michele Weaver invites you to learn/play Mah Jong. This group meets every Friday and welcomes any new players.

#### Billiards - 1:00 PM - 4:00 PM

We have two (2) professional billiard tables that are available every afternoon. This is not a teaching class, this is a group of seniors who come to practice their shots and play with others interested in the game of billiards.



## Senior Groups

The Rotterdam Senior Citizen's also has a **Senior Ladies Golf League**. The league plays at Whispering Pines Golf Course and their season begins in May. The women in this league participate for the fun of sharing an activity with other women and trying to improve their game. You do not have to be an expert golfer to join this league, just willing to try. If you are interested, please call **Phyllis Clas at 355-3543**.

The **Rotterdam Senior Citizen's Association** meets on the second Tuesday of every month from September until June. This organization is composed of Rotterdam residents 55 years of age or older. They hold parties and dinners throughout the year. Members are also eligible to take their trips. **Their membership fee is \$15.00 per year. If you are interested in joining please ask for a membership application at the Senior Center office or contact Bea DeVito at 630-4246.**

The **Woestina Young at Hearts** meets the third Friday of every month from September until July. This group is composed of Rotterdam residents 55 years of age or older. The Woestina Young at Hearts sponsors trips and they also have informative speakers at their meeting and discuss topics of interest to the senior population. **If you are interested in joining, please call Tony Fusco at 355-8583.**

The **Disabled American Veterans, Lt. Vibert O. Fyer, Chapter 88**, meet at the Rotterdam Senior Citizen's Center on the first and third Tuesday's of the month from September through August. If you are interested in joining, please call Commander Robert Serotta at 393-6807.

The **American Legion Post #1091** meets at the Rotterdam Senior Citizen's Center the first Thursday of every month at 12:00 noon. The members of this post usually have lunch together in the Brass Rail Cafe and then they use the "painting room" for their meeting. **If you have any interest in joining the American Legion, please contact Mr. Ernie Lail at 869-6782.**

The **CSEA Retirees** meet at the Rotterdam Senior Center three times per year. If you are a retiree from CSEA you may want to join to hear the latest news concerning your benefits and other pertinent news. **For more information, please contact John DeGeorgio at 357-2828.**

# Civic Groups

The **RC Little League** also uses our facility for registration. They use our building throughout the spring to set their teams and have team meetings. If you would like further information on this little league, please call **Bob Carter** on **858-3428**.

The **Challenger League** is open to children and young adults who have physical disabilities. They use our auditorium every year for registration. If you would like further information, please call **Ellen Brown** at **385-9433**.

The **Rotterdam Girls Softball League** also holds their registration at the Senior Center. They use the facility throughout the year for board meetings, drafts, manager and team meetings. If you would like further information, please contact **Robert Tyler** on **542-6345**.

The **New York State Civil Service** requests the use of our auditorium for various civil service tests. We accommodate them so that residents who want to take the test can use a facility that is close to their homes. The auditorium at the Rotterdam Senior Citizen's Center is also used by the **Schenectady County Board of Elections** as a polling place for two districts. The center is used for both primary and general elections.

The **Capital District Child Care Council** is using our facility for tele-conferences and seminars to help insure our children's well being. They help parents to learn more about nutrition and the care of their children.

The **Capital Area Tiny Treasures** is a group of people whose hobby is making miniatures. They meet the second and fourth Wednesday from August through May at the Senior Center. If you would like further information, please call **Shirley Valletta** on **355-9628**.

The **Magic Touch Home Bureau** meets the second the fourth Wednesday of each month at 1:00 PM at the Rotterdam Senior Center. This home bureau is a member of the New York State Federation of Home Bureau, Inc. If you are interested in joining or would like more information, please contact **Joan Russell** at **382-8205**.

## Civic Groups

**Our Own Productions** is a local theater groups that uses the Rotterdam Senior Citizen's Center for try-outs and rehearsals. If you would be interested in performing or working behind the scenes, give **Leslie** or **Sue Eliashuk** a call on **356-2306**.

**St. Adalbert's Church** uses our auditorium for their **Annual Card Party** and other events. These events are open to the public and if you would like any further information, please call **Barbara Kusek** on **355-3968**.

The Town of Rotterdam welcomes the **Bigsbee Village Condominium Association** and the **White Birch Condominium Association** several times during the year. These associations need ample space for their members so they use our auditorium.

**Cub Scout Pack #58**, uses a room at our senior center for their monthly meetings and special events. If you would like further information concerning this pack, please call **Christine Wright** on **527-4722**.

The **Girl Scout Daisy Troop** hosted by **Alissia Haig** meets on Wednesday evenings at the senior center. If you would like further information, please call her at **225-8981**.

The **Toastmasters** are a group of people who meet at the center the first and third Wednesday of the month at 6:00 PM. **Norman Miller** presides over the meetings and can be reached at **864-5521**. This group helps people to become more comfortable speaking in public. **Please contact Mr. Miller if you are interested in attending the meetings.**

The **Colonial Manor Home Bureau** meets every Monday night at 6:30 PM at the Rotterdam Senior Center from September through May. They too are a member of the New York State Federation. **If you are interested in joining or would like more information, please contact Mary Jane Leffingwell at 355-2896.**