

2019
Senior Services

Rotterdam
Senior Citizen Center

2639 Hamburg Street
Rotterdam, NY 12303
Phone: (518) 356-1561
Fax: (518) 280-3944
www.rotterdamny.org



**TOWN OF ROTTERDAM
SENIOR CITIZEN CENTER
2639 HAMBURG STREET
ROTTERDAM, NEW YORK 12303
(518) 356-1561
FAX: (518) 280-3944**

Overview

The Town of Rotterdam's Senior Citizen Center is located at 2639 Hamburg Street and is open from 8:00 AM until 4:00 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 (www.rotterdamny.org) and have printed copies available at the Center.

Located in the Center is the **Brass Rail Café** which is open on Monday from 9:30 AM until 2:00 PM and on Tuesday – Friday from 8:00 AM until 2:00 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 Brass Rail Café is temporarily closed)**

On Mondays and Wednesdays, the Town of Rotterdam provides **transportation** to the Center from the three senior housing complexes in Rotterdam **for Bingo**. Twice a month the bus brings seniors to Colonie Center so they may make any needed purchases. Please call the office at 518-356-1561 for these dates.

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 day trips 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 Defensive Driving Courses throughout the year. We also host the AARP Income Tax Preparation which is held from February until April. 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 the spring.

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.

Chair Yoga - 10:30 AM - 11:30 AM

Jean Sefcovic is the instructor for this class and she charges \$4.00. 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 – 12:30 PM- 3:45 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 – 12:15 PM - 3:00 PM

Shirley Jablonski runs 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

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

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

Stimulating areas of the brain could reduce your risk for Alzheimer's. This class provides puzzles, pictures and other materials that will keep your brain activity at its peak.

Knitting/Crocheting Class – 10:00 AM – 1:00 PM – Cancelled until further notice

Nancy Massaroni is the instructor for this class. If you have never done this before, we will have supplies for you to use before investing in buying your own.

Quilting – 10:00 PM- 3:45 PM

Open Quilters are looking for more to join their group! All of the women who come in share their patterns and their tips for creating beautiful wall hangings, table runners, baby items and quilts.

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

Michele Weaver invites you to learn/play Mah Jong. This group meets on Tuesdays and Fridays. New players are welcome!

Billiards - 9:00 AM - 4:00 PM

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Weekly Schedule

Wednesday

Ceramics – 8:30 AM - 12:00 PM

Beverly Van Wormer is the instructor for this class. She charges \$3.00 per class for the use of all her paints, brushes, molds, etc. 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 - 10:30 AM - 2:30 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.

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.

WOW (Working off Weight) – 11:00 AM – 12:30 PM

WOW is a group that focuses on losing weight and living a healthy lifestyle. During each meeting encouragement and helpful information is shared to help you reach your goals.

Bingo – 12:15 PM - 3:00 PM

Eva Bray is the volunteer who runs 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.

Zentangle – 1:00 PM – 2:00 PM

This is a relaxing way to do creative drawing. Learn how to turn lines into a beautiful picture by using simple techniques.

Billiards - 1:00 PM - 4:00 PM

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Weekly Schedule

Thursday

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

Carol Reisenger, 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 beginner's class, 10:00 AM - 12:00 noon is the intermediate and advanced class.

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

Liz Posluszny 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

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.

Guitar Lessons - 11:00 AM - 1:00 PM

Bob DiNaro is the instructor and he charges \$5.00 per class. All levels are welcome. If you do not have a guitar, feel free to come anyway and Bob will help you find one.

Pinochle - 11:00 AM - 3:45 PM

You're invited to join our seniors in a fun game of pinochle!

Quilting - 12:30 PM - 3:45 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

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Tiny Treasurers – 10:00 AM – 12:00 PM

This class makes miniature dollhouses and pieces to go in the dollhouses. They meet twice a month. Please call the office at 518-356-1561 for their dates.

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

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Senior Groups

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 **Joe Miele at 441-0198.**

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.**