



Daily Activities

Rotterdam Senior Center - 2639 Hamburg St- 518-356-1561

MONDAY

TOPS 9:30AM -12:00PM

Chair Yoga- 10:00AM – 11:00AM

Painting- 10:00AM – 12:30PM

Osteo Exercise – 11:00AM – 12:00PM

Zentangle – 1:00PM – 2:30PM

TUESDAY

Brain Aerobics – 10:00AM – 11:00AM

Open Quilters – 10:00AM - 3:45PM

Mah Jong – 11:30AM – 3:00PM

WEDNESDAY

Osteo Exercise – 11:00AM – 12:00PM

Tole Painting- 11:00Am – 3:00PM

THURSDAY

Billiards – 9:00AM – 3:45PM

Crafts – 10:00AM – 12:00PM

Pinochle -10:30AM – 3:45PM

Piecemakers Quilting – 12:30PM – 3:45PM

FRIDAY

Osteo Exercise – 11:00AM – 12:00PM

Mah Jong – 11:30AM – 3:00PM