



# Daily Activities

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

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## **MONDAY**

TOPS 9:30AM -12:00PM

Painting- 10:00AM – 12:30PM

Osteo Exercise – 11:00AM – 12:00PM

Country Line Dancing – 12:30PM – 1:45PM

Zentangle – 1:00PM – 2:30PM

## **TUESDAY**

Brain Aerobics – 10:00AM – 11:00AM

Chair Yoga- 10:00AM – 11:00AM

Open Quilters – 10:00AM - 3:45PM

Mah Jong – 11:30AM – 3:00PM

## **WEDNESDAY**

Computer Class (Windows) – 10:00AM – 11:00AM

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

Tai Chi for Arthritis & Fall Prevention – 1:00PM – 2:00PM

Tai Chi Practice Group – 2:00PM – 3:00PM

Updated 3/16/2023