



# ACTIVE ADULT PROGRAMMING KUSHNER COMMUNITY ROOM MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Dan Lyons with Lifespan presents: Scamo: Artificial Intelligence, Kushner Room Noon to 1 pm Euchre/Cards - Conference Room Noon to 1 pm	<b>2</b> In the Kitchen with Chef Koren - Queso Blanco & Easy Salsa in the Kushner Room Noon to 1 pm	<b>3</b> Dan the Tech Man Presents: Internet Privacy, Safety, & Security - Kushner Room Noon to 1:30 pm
<b>6</b> New Horizon Clarinet Choir - Family Gym Noon to 1 pm Knit/Crochet Club - Kushner Room 1 - 2 pm	<b>7</b> Red Cross Blood Drive - Kushner Room 12:30 - 5:30 pm MahJong - Conference Room Noon	<b>8</b> Fun in the Warm Water Pool with Charlotte - Sign up at Member Services 1 - 1:45 pm Euchre/Cards - Kushner Room Noon to 1 pm	<b>9</b> AOA Open Art - Miller Art Studio Noon to 1 pm	<b>10</b> Women's Coffee & Conversation - Kushner Room 9:45 - 10:30 am Therapy Dogs - Kushner Room Noon to 12:45 pm
<b>13</b> American Sign Language with Sue - Kushner Room Noon to 1 pm	<b>14</b> Men's Coffee & Conversation - Kushner Room 9:45 - 10:30 am MahJong - Kushner Room Noon	<b>15</b> Fleet Feet Proper Footwear Presentation - Kushner Room Noon to 1 pm Euchre/Cards - Kushner Room Noon to 1 pm	<b>16</b> AOA Visit to the Memorial Art Gallery - Sign up at Member Services for attendance - Guided tour at 1 pm	<b>17</b> Travel Adventures with Michele & Jim - Antarctica & South America - Kushner Room Noon to 12:45 pm
<b>20</b> Book Club: The Book of Lost Names by Kristin Harmel - Kushner Room Noon to 1 pm	<b>21</b> MahJong - Kushner Room Noon to 1 pm	<b>22</b> Walk with Charlotte: Auburn Trail in Pittsford - Meet at Old Pickle Factory on Grove Street - Sign up sheet at Member Services for attendance 12:20 pm Euchre/Cards - Conference Room Noon to 1 pm	<b>23</b> AOA Open Art - Miller Art Studio Noon to 1 pm	<b>24</b> Memorial Day AOA Coffee & Conversation - Kushner Room 9:45 - 10:30 am
<b>27</b> Memorial Day	<b>28</b> Men's Coffee & Conversation - Kushner Room 9:45 - 10:30 am MahJong - Kushner Room Noon to 1 pm	<b>29</b> National Paperclip Day Painted Felt Paperclip Bookmarks with Legacy at Clover - Kushner Room Noon to 12:45 pm Euchre/Cards - Conference Room Noon to 1 pm	<b>30</b> Meditation with Deb - Kushner Room Noon to 1 pm	<b>31</b> Trivia with Janet - Kushner Room Noon to 12:30 pm

See reverse for event descriptions.

Email [janet.paris@rochesterymca.org](mailto:janet.paris@rochesterymca.org) with any questions, interests or talents



# EVENT DESCRIPTIONS

## **Knitting/Crochet Club**

Bring your projects, share patterns, ideas, knitting/crochet knowledge. This will be the first gathering for the club.

## **Lifespan Presents "Scamo, Artificial Intelligence"**

Join Dan Lyons to learn about "AI", internet scams, and how to recognize "fake" pictures and documents.

## **Internet Privacy, Safety, & Security**

Join tech guru, Daniel Jones to learn about use of the internet.

## **New Horizons Clarinet Choir**

Join us in the family gym for a wonderful concert with this Eastman School group of talented musicians.

## **Fun in the Pool**

Join Aquatics Instructor, Charlotte for fitness and fun in the warm water pool. Sign up sheet at Member Services for attendance.

## **American Sign Language**

Sue is back to teach us more signs to communicate with a deaf individual.

## **Memorial Art Gallery Tour**

Schottland and Eastside AOA's meet at the MAG for a guided tour (500 University Ave). Exhibit; "Under the Microscope: Rembrandt's Portrait of a Young Man in Armchair." \$16 per person & pay at the door. Sign up at Member Services for attendance.

## **Travel Adventures with Michele & Jim**

This month, we explore Antarctica & South America.

## **In the Kitchen with Chef Koren**

This Month's recipe, Queso Blanco & Easy Salsa for Cinco De Mayo.

## **Painted Felt Paperclip Bookmarks**

National Paperclip Day is May 29th! Join us as the coordinators from the Legacy at Clover Blossom lead us in this adorable craft.

## **Walk with Charlotte**

Join YMCA Instructor, Charlotte for a walk on the Auburn Trail in Pittsford. Meet at Old Pickle Factory on Grove Street at 12:20 pm. Group will use crosswalk and begin walk on Auburn Trail at 12:30 pm. Sign up sheet at the Member Service desk.

## **AOA Open Art with Julian**

Join art instructor, Julian in the Miller Art Studio for creative art projects and painting.

## **Book Club**

This month's book; The Book of Lost Names by Kristin Harmel.

## **Meditation with Deb**

Join Yoga Instructor, Deb M. for a mindful meditation.

## **Women's Coffee & Conversation**

AOA women gather for coffee hour, casual conversation, & topics of interest. Bring your favorite treats.

## **Men's Coffee**

AOA men meet in the Kushner Room for casual conversations and light breakfast

This month's topic; developing a healthy morning routine

## **ROC Dog Therapy Dogs**

Stop in for some unconditional love from our furry friends.

## **Mahjong**

Open play. The Y has 2 sets. Please bring your own set if needed.

## **Bridge/Euchre/Cards**

Open play, come enjoy Bridge, Euchre or your favorite card games. We are looking to start Bridge club. Need groups of 4 and folks that can mentor new players.

Scan the QR code and join our YMCA AOA  
Facebook group to stay updated  
on all AOA Programming!



Email [janet.paris@rochesterymca.org](mailto:janet.paris@rochesterymca.org) with any questions, interests or talents