



# ACTIVE ADULT PROGRAMMING KUSHNER COMMUNITY ROOM AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Coffee and Conversation Noon	<b>2</b> MahJong Noon	<b>3</b> Euchre and Cards Noon	<b>4</b>	<b>5</b> What's in Your Pantry? Label Reading Noon
<b>8</b> In the Kitchen with Kelly & Janet! Tomatoes, Tomatoes, Tomatoes Noon	<b>9</b> MahJong Noon	<b>10</b> Euchre and Cards Noon	<b>11</b>	<b>12</b> ROC Dog: Therapy Dogs Noon
<b>15</b> Book Club: One Italian Summer by Rebecca Serle Noon	<b>16</b> MahJong Noon	<b>17</b> Euchre and Cards Noon	<b>18</b>	<b>19</b> Bingo Noon to 12:45 pm
<b>22</b> The Y at Watson Woods: Overview and Slideshow with Executive Director Brian Dana Noon to 12:30 pm	<b>23</b> MahJong Noon	<b>24</b> Euchre and Cards Noon	<b>25</b>	<b>26</b> Board Game Day Noon
<b>29</b> Intro to QiGong with Joe Noon to 12:45 pm	<b>30</b> MahJong Noon	<b>31</b> Euchre and Cards Noon Art Room		

See reverse for event descriptions.

Social distancing are required for all activities.

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



# EVENT DESCRIPTIONS

## **Coffee & Conversation**

Stop in for coffee, snacks and socialization.

## **What's In Your Pantry?**

Join Kelly and Janet to discuss label reading and nutrition guidelines. Bring a boxed or canned item from your cupboard for discussion.

## **In the Kitchen with Kelly & Janet**

Join us for tomato recipes from the garden.

## **Book Club**

This month's discussion: One Italian Summer by Rebecca Serle.

## **MahJong**

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

## **Euchre/Cards**

Open play, come enjoy Euchre or your favorite card game.

## **ROC Dog Therapy Dogs**

Stop in for some unconditional love from our furry friends.

## **The Y at Watson Woods**

Join Brian Dana, Executive Director at The Y at Watson Woods, for an overview and virtual tour of our YMCA overnight retreat, getaway and conference center in Painted Post, NY.

## **Intro to QiGong with Joe**

Developed thousands of years ago as part of traditional Chinese Medicine. QiGong involves exercises to optimize energy within the body, mind, and spirit with the goal of improving and maintaining health and well-being.

Social distancing are required for all activities.

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