



ACTIVE ADULT PROGRAMMING KUSHNER COMMUNITY ROOM FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 "How to Fall Safely" Presentation with Molly Greenbaum, Physical Therapist Noon-1 pm Euchre & Card Games Noon, Conference Room	2	3 Active Older Adults Pilates Noon to 12:45 pm, Studio 2
6 Quilt Making Presentation Noon to 12:45 pm	7 Valentine's Day Card Making Noon-1 pm, Bruning Exercise Your Mind Studio. Sign up at Member Services MahJong Noon	8 American Cancer Society Presentation with Jason Coleman Noon-1 pm Euchre & Card Games Noon, Conference Room	9 Active Older Adult Pickleball Drills & Skills with Kelly & Janet 1-2:30 pm, Family Gym	10 "Soup"er Bowl Soup Potluck & Canned Food Drive Noon to 1 pm, Sign Up at Member Services Therapy Dogs Visit! Noon to 12:45 pm
13 New Horizons Clarinet Band Noon to 1 pm Family Gym	14 Valentine's Day Tea Noon to 1 pm. Sign up at Member Services MahJong Noon	15 Cookie Decorating & Crafts: Active Older Adults and PreK-4! Noon to 1 pm Euchre & Card Games Noon	16 Pickleball 101 with Jeff 1-2:30 pm	17 Board Game Day with Kelly Noon to 12:45 pm
20 Book Club: The Silent Patient by Alex Michaelides Noon to 12:45 pm	21 MahJong Noon	22 Euchre & Card Games Noon	23 In the Kitchen with Kelly & Janet: Egg Bites Noon to 12:45 pm	24 Meditation with Deb Part 4 - Water Noon to 12:45 pm
27 Alzheimer's Association Presents: Understanding Alzheimer's & Dementia Noon to 1 pm Empire Lanes Bowling 1-2:30 pm Sign Up at Member Services	28 MahJong Noon			

See reverse for event descriptions.

Email janet.paris@rochesterymca.org with any questions, interests or talents



EVENT DESCRIPTIONS

How to Fall Safely

Presentation by Physical Therapist Molly Greenbaum from Strong Today Physical Therapy. Learn and practice fall strategies that reduce speed and impact ways to get up off the floor.

Active Older Adult Pilates

Join Kelly to learn the basics of Pilates - Standing, Seated or Mat Options available. We will meet in Studio 2, an elevator is available.

Quilt Making with Pat

Join fellow member Pat E. as she shares her quilt making skills and historical stories of some of her treasured quilts.

Card Making with Jane

Valentine's Day Card Making for your special someone! Register at Member Services and meet in the Bruning Exercise Your Mind Studio.

American Cancer Society

Presentation by Jason Coleman, learn about the organization and volunteer opportunities.

"Soup"er Bowl Soup Potluck & Canned Food Drive

Bring your favorite soup or chili for some football fun and trivia! If you aren't a cook, please bring some cans of soup for The Lewis Street YMCA Neighborhood Center canned goods drive. Register at Member Services for attendance and type of soup or chili.

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends.

New Horizons Clarinet Choir

This 25-piece clarinet choir from the Eastman School will entertain us with various genres: pop, jazz, classic and folk music.

Valentine's Day Tea

Meet in the Kushner Community Room, register at the Member Services Desk

Cookie Decorating & Crafts

Spend time with our Schottland 4-year-old Preschool Class decorating cookies and making crafts. Meet these sweeties in the Kushner Community Room.

Pickleball 101

Join Jeff Lathrop, a YMCA Sr. Program Director to learn the basics of the game, rules of play, and practice your serve and volley!

Board Game Day

Join Kelly in our Kushner Community Room for some friendly competition with a variety of games.

Book Club

This month's discussion: The Silent Patient by Alex Michaelides

In the Kitchen with Kelly & Janet

This month's recipe: Egg Bites

Meditation with Deb

Join Deb for the fourth part of a five part series on the elements of Meditation. February's Meditation: Elements of Water

Alzheimer's Association Presents: Understanding Alzheimer's & Dementia

Join us for an informative presentation and discussion of these diseases.

Empire Lanes Bowling

Schottland & Eastside YMCAs will gather for bowling! Pay at the alley, \$8.99: 1 1/2 hours of bowling & shoes or \$11.99: 1 1/2 hours of bowling, shoes, a slice of pizza and unlimited soft drinks. Sign up at Member Services.

MahJong

Open play, the Y has two sets. Please bring your own if needed.

Euchre & Cards.

Open play, come play euchre or your favorite card games.