



ACTIVE ADULT PROGRAMMING

KUSHNER COMMUNITY ROOM

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Cookie decorating with Schottland Pre-k 4 - Kushner Room Noon to 12:45 pm
3	4 AOA visit to the Sands YMCA in Canandaigua - Tour & Afternoon Social - Sign up at Member Services 1 - 2 pm	5 Men's Coffee 9:45 am AOA Open Art - Miller Art Studio Noon to 1 pm Mahjong - Kushner Room Noon	6 Euchre/Cards/ Board Games Noon Medicare 101 with Susan Aldredge 6 - 7 pm	7 Fun in the Warm Water Pool with Charlotte - Sign up at Member Services 12:30 - 1:30 pm NY State Ballet excerpts from Nutcracker - Family Gym Noon to 12:30 pm	8 Gift tag making with Janet & Maggie & Therapy Dogs - Kushner Room Noon to 12:45 pm
10 Member Spotlight Honeoye Falls Community Band Holiday Concert - St. Catherine of Siena Mendon 2 pm	11 NH Big Band Holiday Concert - Family Gym 12:15 - 1:15 pm	12 Navigating the World Wide Web: The In's & Out's of Technology with Jackie Hylton Noon to 1 pm Mahjong - Conference Room Noon	13 In the Kitchen with Chef Kelly - Wreath Shaped Baked Brie Noon Euchre - Conference Room Noon	14 Trainer Tips with Melissa Schmidt - Navigating Nutrition During the Holidays - Kushner Room Noon to 12:45 pm	15 AOA Holiday Party - Kushner Room - Sign up at Member Services Noon to 1 pm
17	18 Book Club: The Librarianist by Patrick Dewitt Noon to 1 pm	19 Men's Coffee with John 9:45 am AOA Open Art - Miller Art Studio Noon to 1 pm Mahjong Noon	20 Euchre/Cards/ Board Games Noon	21 Holiday Trivia - Kushner Room Noon to 12:30 pm	22 AOA Pilates with Kelly - Studio 2 Noon to 12:45 pm
24	25 Merry Christmas YMCA Closed	26 Mahjong Noon	27 Euchre/Cards/ Board Games Noon	28	29

See reverse for event descriptions.

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



EVENT DESCRIPTIONS

Craft Project with Schottland Preschool

Meet in the Kushner Room for cookie decorating and holiday fun with our adorable Pre-K year olds.

Visit to the Sands Family YMCA in Canandaigua

AOA's meet at the beautiful, new Canandaigua YMCA (351 N. Street) for a 1 pm tour and social/refreshments immediately following and perhaps a walk on the Riedman Track. Transport self/carpool. Sign up at Member Services for attendance.

Gift Tag Making

Join Janet & Maggie in the Kushner Room to make some lovely holiday tags for your gifts

In the Kitchen with Chef Kelly

This month; wreath shaped baked brie

AOA Open Art with Julian

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

Medicare 101 with Susan Aldredge

Understanding the A,B,C,&Ds workshop. The workshop is geared to those who are turning 65 and those who are 65 who are losing their company health insurance. We will be able to provide expert answers to your questions and helpful info and timeliness, allowing a successful transition to Medicare. Meet in the Kushner Community Room

Fun in the Pool with Charlotte

Join Schottland Instructor and AOA Hiking leader, Charlotte for some fun and fitness in the warm pool. Sign up at MemberServices for attendance

Excerpts from the Nutcracker

Join us in the Family Gym to watch the NY State Ballet perform excerpts from the Nutcracker Ballet

Honeoye Falls Community Band Holiday Concert

Come support Schottland Member and flautist, Sheryl W. as she plays in the HFL Community Band. Holiday concert will be held at St. Catherine of Siena Church (26 Mendon Ionia Rd)

New Horizons Big Band Holiday Concert

Join us in the Family Gym for a wonderful holiday concert with the Eastman School New Horizons Big Band

Navigating the World Wide Web

Join IT and Tech professional, Jackie Hylton as she speaks on troubleshooting your computer and internet

Trainer Tips

Join Schottland's Master Nutrition & Health Coach, Melissa Schmidt as she discusses staying on track with nutrition during the holidays

AOA Holiday Party

Kick off the holidays with our AOA holiday get together. Feel free to bring a plate of your favorite holiday cookies. Sign up at Member Services for attendance

Book Club

This month's discussion, The Librarianist by Patrick Dewitt

Men's Coffee

Join John for casual conversation and light breakfast

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends

AOA Pilates

Join Kelly to learn the basics of Pilates-standing, seated, or mat, options available. We will meet in Studio 2, elevator available

Mahjong

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

Euchre/Cards

Open play, come enjoy Euchre or your favorite card games