



ACTIVE ADULT PROGRAMMING

KUSHNER COMMUNITY ROOM

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 AOA 30 Mile Walking Challenge Celebration - Kushner Room & Sign up at Member Services Noon to 1 pm
4 Empowering Women with Basic Plumbing - Leaky Faucets with Leah - Kushner Room Noon to 1 pm	5 MahJong - Kushner Room Noon	6 Alzheimer's Association - Effective Communication Strategies - Kushner Room Noon to 1 pm Bridge/Euchre - Conference Room Noon	7 AOA Open Art - Miller Art Studio Noon to 1 pm Fun in the Warm Water Pool with Charlotte 1 pm	8 Happy International Women's Day! Women's Coffee & Conversation 9:45 - 10:30 am Therapy Dogs - Kushner Room Noon to 12:45 pm
11 "Oiling the Joints" Qigong with Steve - Kushner Room Noon to 1 pm	12 Red Cross Blood Drive - Kushner Room 12:30 - 5:30 pm MahJong - Conference Room Noon	13 St. Patrick's Day Party Sign up at Member Services - Kushner Room Noon to 1 pm Bridge/Euchre - Conference Room Noon	14 Men's Coffee - Kushner Room 9:45 - 10:30 am Afternoon Tea - Kushner Room 1 - 2 pm	15 Goodwin Academy Irish Dancers - Family Gym Noon
18 Book Club: None of This is True by Lisa Jewell Noon to 1 pm	19 MahJong - Kushner Room Noon	20 Wellness Tips: Learn about the EGYM with Chrissy - Kushner Room Noon to 1 pm Bridge/Euchre/Cards - Conference Room Noon	21 Meditation with Deb - Kushner Room Noon to 1 pm AOA Open Art - Miller Art Studio Noon to 1 pm	22 Trainer Tips with Melissa: Spring into Wellness & Healthy Eating - Kushner Room Noon to 1 pm
25 In the Kitchen with Chef Koren: Lemon, Mint & White Bean Dip Kushner Room Noon to 1 pm	26 MahJong - Kushner Room Noon	27 Travel Adventures with Kathryn: Thailand - Kushner Room Noon to 12:45 pm Bridge/Euchre - Conference Room Noon	28 Men's Coffee - Kushner Room 9:45 - 10:30 am ROC City Eclipse Presentation with Jim Porter/NASA - Kushner Room Noon	29 Trivia with Janet - Kushner Room Noon to 12:30 pm

See reverse for event descriptions.

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



EVENT DESCRIPTIONS

AOA Walking Challenge Celebration

January/February Walking Challenge. Walking Participants sign up at Member Services for attendance.

Alzheimer's Association Presents: Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Empowering Women with Basic Plumbing

Join property manager, Leah B. as she teaches the basics of fixing a leaky faucet & clearing clogged drains, how to set rodent traps, and other helpful hints around the house.

Fun in the Pool with Charlotte

Join Aquatics instructor, Charlotte for exercises and healthy movement in the warm water, shallow pool.

St. Patrick's Day Party

Sign up at Member Services for attendance. Everyone is Irish on this day!

Qigong Principles with Steve: "Oiling the Joints"

This class will focus on using Qigong movements to create healthier joints.

Wellness Corner with Chrissy

Join Wellness Coach, Chrissy to learn about strength training on the EGYM, the benefits of strength training, and the how to's on these user-friendly machines.

ROC City Eclipse

Join NASA Solar System Ambassador & Aerospace Engineer, Jim Porter for an educational session on April 8th, 2024 Eclipse and the history behind the eclipse.

Trainer Tips with Melissa

Spring is coming! You will learn 10 easy ways to spring clean your habits, make progress on your health & wellness goals.

In the Kitchen with Chef Koren

This month's recipe, lemon & mint white bean dip.

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; None of This is True by Lisa Jewell.

Meditation with Deb

Join Yoga Instructor, Deb M. for a mindful meditation. The theme will be part three of Don Miguel Ruiz's book The Four Agreements: Always Do Your Best.

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 conversation. Bring your favorite treats.

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 a Bridge club. Need groups of 4 and folks that can mentor new players.

Email janet.paris@rochesterymca.org with any questions, interests, or talents!
Check out our YMCA AOA Events & Photos on our Facebook page
Join the AOA group to stay updated on all AOA Programming!