



ACTIVE ADULT PROGRAMMING

KUSHNER COMMUNITY ROOM

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Knit/Crochet Club - Kushner Room 1 pm	2 MahJong - Conference Room Noon	3 Angels of Mercy Presents: Human Trafficking in Monroe County - Conference Room Noon to 1 pm Bridge/Euchre/Cards - Kushner Room Noon	4 Coffee & Conversation - Kushner Room 9:45 - 10:30 am	5 Mopeen & Recipe Exchange (New Towel/Potholder swap) Kushner Room Noon to 12:45 pm
8 Eclipse Watching Event - Meet in the Parking Lot 2 - 4 pm	9 Jewelry Making with Brenda Lind - Art Room & Signup at Member Services 1 - 3 pm MahJong - Kushner Rm Noon	10 UofR Neurology Presents: Neuro Impacts of Covid-19 - Kushner Room Noon to 1 pm Cards - Conference Room Noon	11 AOA Men's Coffee - Kushner Room 9:45 - 10:30 am Fun in the Warm Water Pool with Charlotte- Sign up at Member Services 1 pm	12 Women's Coffee & Conversation 9:45 - 10:30 am Therapy Dogs - Noon to 12:45 pm Both meet in Kushner Room 4/13 - HFL Community Band Concert at HFL Middle School 7pm
15 Book Club: The Four Agreements by Don Miguel Ruiz - Kushner Room Noon to 1 pm	16 MahJong - Kushner Room Noon	17 Chromebooks "A Secure Surfing Option" with Rob - Kushner Room Noon to 1 pm Cards - Conference Room Noon	18 AOA Open Art with Julian - Miller Art Studio Noon to 1 pm	19 In the Kitchen with Chef Koren: Homemade Granola - Kushner Room Noon to 1 pm
22 Trainer Tips with Javian: Benefits of Shadow Boxing & Circuit Training - Kushner Room Noon to 1 pm	23 MahJong - Kushner Room Noon	24 American Sign Language with Sue - Kushner Room Noon to 1 pm Bridge/Euchre/Cards - Conference Room Noon	25 AOA Men's Coffee 9:45 - 10:30 am AOA Open Art with Julian - Miller Art Studio Noon to 1 pm Meditation with Deb - Kushner Room Noon	26 Travel Adventure with Meena: India & Singapore - Kushner Room Noon to 1 pm
29 Qigong with Steve: Hand, Arm, & Neck Pain - Kushner Room Noon to 1 pm	30 MahJong - Kushner Room Noon			

See reverse for event descriptions.

Email 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.

Angels of Mercy Presents Human Trafficking

This is a difficult, yet important subject. Learn how it can happen to anyone, no matter race, age, and gender. What is Human Trafficking and learn what you can do to keep your loved ones safe. Meet in the Conference Room – West entrance.

Mopeen & Recipe Exchange

Mopeen is the Italian word for dish towel. Bring a new dish towel or pot holder and your favorite recipe for a fun exchange.

Fun in the Pool with Charlotte

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

Jewelry Making with Brenda

Brenda is back to make beautiful bead earrings with you. This is a small class, 10 participants. First come first serve at the Member Service desk for sign up.

ROC City Eclipse

Meet on the sidewalk by the garden (facing Jefferson Rd). Bring your lawn chairs and enjoy this amazing event. The Y has eclipse glasses for viewing.

U of R Neurology

Presentation will summarize the neuro impacts of COVID 19. We will focus on the underlying mechanism behind Neuro COVID, as well as the cognitive aspects related to it.

Chromebooks with Rob

Join us for a Member Spotlight, as Rob teaches us about Chromebooks as a secure surfing option.

HFL Community Band Concert

Come support Schottland member and flautist as she performs with the band at the HFL Middle School.

Trainer Tips with Javian

Our very talented instructor and trainer, Javian, will discuss the benefits of changing up your workouts and the benefits of shadow boxing.

American Sign Language

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

Travel Adventures with Meena

This month, we explore India and Singapore.

Qigong Principles with Steve

This month, Qigong for Crafters”, to relieve pain and tension from fingers, hands, arms, and neck that are cramped and tired from doing crafts, computer work, yard work, arthritis, etc.

In the Kitchen with Chef Koren

This month's recipe, Homemade Granola.

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 Four Agreements by Don Miguel Ruiz.

Meditation with Deb

Join Yoga Instructor, Deb M. for a mindful meditation. Theme will be “What to expect during a mediation.”

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 Bridge dub. 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!