



COMMUNITY ROOM ACTIVE AGING ADULT PROGRAMMING APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 El Grupo de Español Conference Room 9:30 - 10:30 am AOA Committee meeting 11:45 am - 1 pm Candy Bar Bingo 12:30 - 2 pm	2 Eclipse Rock Painting - Register with Theresa 10 am to Noon Bridge 1:30 - 3:30 pm	3 Eclipse Preparation Day 10 am - 2 pm	4 Eclipse Preparation Day 10 am - 2 pm MahJong 1 - 4 pm	5 Eclipse Preparation Day 10 am - 2 pm Euchre Noon to 4 pm
8 Eclipse Day Programming Noon to 4 pm	9 Garden Club Meeting: Information & Planning - Conference Room 10:30 - 11:30 am Craft: Intro to Alcohol Ink - \$5 Register a Front Desk 10:30 am - 12:30 pm Bridge 1:30 - 3:30 pm	10 Speaker: Angel of Mery - Anti-Human Trafficking 10:30 am to Noon Sewing Love: Power Pads 12:30 - 3:30 pm MahJong 1 - 4 pm	11 Learn it: Come learn how to play Euchre - Register with Theresa 10:30 - 11:30 am MahJong 1 - 4 pm	12 Hike: Harris Whalen Park in Penfield - Meet at park 10 - 11:30 am Learn it: Euchre part 2 Euchre Noon to 4 pm
15 El Grupo de Español Conference Room 9:30 - 10:30 am April Birthday & National Poetry Month Celebration - Member spotlight with author/poet Patricia Marino Noon to 1 pm Craft: Metal art flowers with Mary - STEM Room & Register at the Front Desk \$5 11 am to 12:45 pm	16 UofR Educational program 9 am to Noon 5 Keys to a Healthy Heart 10 - 11 am Sewing Love Dresses & Dolls - lunch provided 11:30 am - 3 pm (time change) Bridge 1:30 - 3:30 pm	17 Photo Journey with Barb to Nancy, France 9:30 - 10:30 am MahJong - STEM Room 1 - 4 pm	18 Fairy Garden Planning Meeting 10 - 11 am MahJong 1 - 4 pm	19 Watercolor Group Self Exploration - STEM Room 9:30 am - 12:30 pm Euchre Noon to 4 pm
22 El Grupo de Español 9:30 - 10:30 am Conference Room Craft: Bracelet Making with Terie - \$5 meet in STEM Room & register at Front Desk 10 am to Noon	23 Craft: Painting with Christine - \$5, Register at Front Desk & meet in Conference Room 11 am to 2 pm Hike: Perington Park Canal Path - Meet at the park 10 - 11:30 am Bridge 1:30 - 3:30 pm	24 Painting with Pizzazz - \$5, Register at Front Desk & meet in STEM Room 10 am to Noon MahJong - STEM Room 1 - 4 pm	25 Craft: Tree of Life - recycled papers - \$5 & Register at Front Desk 10 am to Noon Book Club: A Garden in Paris by Stephanie Grace Whitson - meet in STEM Room 11 am to Noon MahJong 1 - 4 pm	26 New Member Social - Register at the Front Desk 11 am to Noon Euchre Noon to 4 pm
29 El Grupo de Español Conference Room 9:30 - 10:30 am Speaker: Hearing Loss Association of America's Rochester Chapter Outreach Presenter 11am to Noon	30 National Oatmeal Cookie Day! Food Demo: Healthy Oatmeal Cookies 11:30 am - 12:30 pm Bridge 1:30 - 3:30 pm			

Interested in Mah Jong instruction - contact Theresa

Questions? Please contact Theresa! 585-341-3067 or Theresa.Schliff@rochesterymca.org



EVENT DESCRIPTIONS

Candy Bar Bingo

Come in and have a little bingo fun. Each participant is encouraged to bring their favorite candy bar.

Eclipse Rock Painting

Register with Theresa to make a one-of-a-kind memory rock of our big event.

Eclipse preparation days

We are excited to be hosting an Eclipse Viewing Event and we have lots of things to do to get ready. Stop in and see if there is a job you might want to help with.

Eastside Garden Club

We will be meeting to discuss what gardens need to be attended to this year. What prep needed to get the Vegetable gardens ready for spring planting, what veggies do best and other jobs around the facility that might need to be tackled this year. How can we expand and more. All are welcomed and needed. Many hands make light work.

Speaker from the Angel of Mercy Presents: Anti-Human trafficking

educational program will walk away with the knowledge and tools necessary for awareness of this crime giving them the ability to be safe and become an advocate for anti-human trafficking.

Learn it Series: Euchre

Have you ever wondered if this was the game for you! It is a fun, fast card game. The Euchre group is looking to expand their group and all players are welcome. There will be an additional learn day/time on the 12th prior to Euchre group 12-4pm.

Hike: Harris Whalen Park

Hiking is back! We are starting our adventure at the Harris Whalen Park in Penfield off 441. We will meet in the back parking lot at 10am. All are welcome.

Member Spotlight

We will have member Patricia Marino poet/author come and share her poetry with us during our Member Spotlight. We will also be celebrating our April Birthdays 12-1pm.

Craft: Metal Art Flowers with Mary Coy

This workshop you will work with aluminum and doing a relief method create a beautiful flower design. Supplies provided. \$5.00 register at Front desk.

UofR Educational programming

There will be Blood Pressure Screening & CPR Demonstrations and Cardiac presentation in the community room 10-11am 5 keys to a healthy heart.

Fairy Garden planning meeting

We are looking to create our own little fairy garden with the camp kids this summer. We are looking for some inspirational ideas. We will be meeting in the community room.

Hiking at the Perinton Park Canal Path

Meet us in the parking lot at Perinton Park at 10am.

Craft: Tree of Life

Using a quilling technique and recycled papers. Create a very unique design to celebrate Earth Day!

New Member Social

Welcome to the Y! This is a great opportunity to mingle with other members, see what it's all about. We will also have our Wellness Director here and available to talk with you about your membership benefits in the Wellness center.

Eric from the Hearing Loss Association of America

Eric will be presenting on how to prevent hearing loss, how to recognize hearing loss and the devices out there to help. Hearing screen also available- if interested, please register with Theresa.

National Oatmeal Cookie Day Food Demo

Demonstration of a healthy vegan version of the classic Oatmeal Cookie.

Scan the QR code and join our YMCA AOA Facebook group to stay updated on all AOA Programming!



Email Theresa.Schliff@rochesterymca.org with any questions, interests, or talents