



ACTIVE ADULT PROGRAMMING

EASTSIDE FAMILY YMCA

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Game Day: Trivia 11:30 am - 12:30 pm Mindful Meditation with Jess in the Mind Body Studio 12:15 - 12:45 pm MahJong 1 - 4 pm	2 Hike: Powder Mill Park - Meet at the Park 10 - 11:30 am Euchre Noon to 4 pm
5 *No Spanish Class* Speaker: Wellness Workshops with Dan - "Strength Training" 12:30 - 1:15 pm AOA Committee Meeting 12:45 am - 1:30 pm	6 Speaker: Grief Educator Karen Tucker will present "Let's talk about Grief" 11 am - 12:30 pm Bridge 1:30 - 3:30 pm	7 Sewing Love: Power Pads 12:30 - 3:30 pm MahJong - STEM Room 1 - 4 pm	8 Game Day: Scategories 11:30 am - 12:30 pm MahJong 1 - 4 pm	9 Travel to Bangkok Thailand with Satish 10:30 - 11:30 am Euchre Noon to 4 pm
12 El Grupo de Español Conference Room 9:30 - 11 am Jewelry Exploration with Meera: Earrings - Register at Front Desk for \$5 10 am to Noon August Birthday Celebrations 12:30 - 1:30 pm Speaker: Pat Smith talks about her husband's experience as POW in World War II German prison camp 12:30 - 1:30 pm	13 National Elvis Week - Bring memorabilia to share and we'll play music 10:30 am to Noon Bridge 1:30 - 3:30 pm	14 Art Exploration with Meera - Portrait Sketching, Register at Front Desk for \$5 10 am to Noon Field Trip: AOA Red Wings game - Register at Front Desk for \$10 MahJong - Community Room 1 - 4 pm Wellness Workshop: The Peaceful Process 12:30 - 1:15 pm	15 Food Demo: Protein/Energy Ball 11:30 am - 12:30 pm MahJong 1 - 4 pm	16 Watercolor group - STEM Room & sign up with Theresa if new to the group 9:30 am - 12:30 pm Cornhole - Community Room Patio if weather permits 11 am to Noon Euchre Noon to 4 pm
19 *No Spanish Class* Art Exploration with Meera - Portrait Sketching, Register at Front Desk for \$5 10 am to Noon Picnic in the Park - Bring your lunch and meet at Eyer Park in East Rochester - Register with Theresa 12:45 - 2 pm	20 Hike: Tinker Nature Park in Pittsford - Meet at the Park 10 - 11:30 am Sewing Love Dresses and Dolls - Lunch provided 10 am to 2 pm Bridge 1:30 - 3:30 pm	21 Craft: Watercolor with Mary "You are my Sunshine" - Register at Front Desk for \$5 10 am to Noon MahJong - STEM Room 1 - 4 pm	22 Book Club: The Push by Ashley Audrain - STEM Room 11 am to Noon MahJong 1 - 4 pm	23 Monroe County Senior Day at Ontario Beach Park. Lunch provided & Register at Front Desk. See back for details Euchre Noon to 4 pm
26 *No Spanish Class*	27 National Peach Day! Bring in a favorite peach dish to share 11 am to Noon Bridge 1:30 - 3:30 pm	28 National Thoughtfulness Day! Stop by the Community Room and share your thoughts 11 am to Noon MahJong - STEM Room 1 - 4 pm	29 Craft: Rock painting 10:20 am - 12:30 pm MahJong 1 - 4 pm	30 Euchre Noon to 4 pm

Interested in MahJong instruction - contact Theresa

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



EVENT DESCRIPTIONS

Game Day: Trivia

This is a fun fast passed game for anyone who comes. Questions provided, the first to answer gets a card, most cards at the end wins a prize

Game Day: Scattegories

With a roll of the dice for a letter you then try to outwit other players by coming up with unique answers

Mindful Meditation with Jess

This will be a continued program on the first Thursday of the month in the Mind Body Studio. There will be chairs and mats available for your meditation needs

Hike: Powder Mill Park

Drive past the fish hatchery to the parking lot on the left, next to the water wheel. This path has some hills

Hike: Tinker Nature Park

Meet at 1525 Calkins Road in the parking lot

Wellness Workshops with Dan: "Strength Training"

This work is based on Marshall Rosenberg's Nonviolent Communication Strategy (NVC). Four components include: Observation, Feeling, Need, and Request. These components help individuals express themselves without judgement, recognize their feelings and needs, and make clear positive request. Come learn and practice

Grief Educator: Karen Tucker

Karen will be present "Let's talk about Grief" where she will be addressing the stages, needs, and what to say

Speaker: Pat Smith

Pat Smith and her family will be speaking about her husbands experience as a POW in a German prison camp during WWII

Food Demo: Energy Balls

Come and learn how to make these energy balls. They are a great source of protein and energy and are easy to store

Picnic in the Park

Bring your lunch and join us for a picnic at Eyer Park (100 Eyer Park East Rochester, NY, 14445) Be sure to register with Theresa

National Peach Day

Nothing like a fresh peach! Bring your favorite peach dish to share

Monroe County's 20th Annual Salute to Seniors at Ontario Beach Park

All seniors are welcome to the annual Ontario Beach Park for a Salute to Seniors. Lunch will be provided with 2 options available, a traditional burger or a vegetarian burger. We also have 25 seats reserved in the Pavilion, the first 25 registered will have a seat in the pavilion and all others are encouraged to bring a lawn chair. This is a rain or shine event & register online by August 6th

Wellness Workshop with Jess: The Peaceful Process

This work is based on Marshall Rosenberg's Nonviolent Communication Strategy (NVC). Four components include: Observation, Feeling, Need, and Request. These components help individuals express themselves without judgement, recognize their feelings and needs, and make clear positive request. Come learn and practice

We will have MahJong class offerings on August 14th and August 15th
It's a two day course from 1 pm - 4 pm each day
Email Theresa Schliff if interested!

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