



ACTIVE ADULT PROGRAMMING

EASTSIDE FAMILY YMCA

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>No Spanish Class today</p> <p>Speaker: Wellness Workshop with Dan on Nutrition 12:30 - 1:30 pm</p>	<p>Garden Day - meet in the Community Room 10 - 11 am</p> <p>Fairy garden with the Camp kids 9:45 - 10:45 am</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>Game day: Telestrations 11 am to Noon</p> <p>MahJong - STEM Room 1 - 4 pm</p>	<p>*AOA Programming closed for the holiday*</p>	<p>Craft: Seashell painting 11 am - 12:30 pm</p> <p>Euchre Noon to 4 pm</p>
8	9	10	11	12
<p>No Spanish Class today</p> <p>Craft: Make a personalized Thank You/Greeting Card - Register with Theresa 1 - 3 pm</p>	<p>Garden Day - meet in the Community Room 10 - 11 am</p> <p>Fairy garden with the Camp kids 9:45 - 10:45 am</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>Sewing Love: Power Pads 12:30 - 3:30 pm</p> <p>MahJong - STEM Room 1 - 4 pm</p>	<p>Intro to Alcohol Ink - Register at Front Desk for \$5 10 am to Noon</p> <p>MahJong 1 - 4 pm</p>	<p>Hike: Cornwall Preserves in Williamson - Meet at site 10 - 11:30 am</p> <p>Euchre Noon to 4 pm</p>
15	16	17	18	19
<p>No Spanish Class today</p> <p>Field Trip to Centerpointe Stables - Register online 1 - 2 pm</p> <p>Speaker: Wellness Workshop with Dan on Nutrition 12:30 - 1:30 pm</p>	<p>Garden Day - meet in the Community Room 10 - 11 am</p> <p>Sewing Love: Dresses and Dolls - Lunch provided 10 am - 2 pm</p> <p>Fairy Garden with Camp kids 9:45 - 10:45 am</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>National Hot Dog Day! Stop in for a hot dog - interested in bringing a dish to pass? Register with Theresa Noon to 2 pm</p> <p>MahJong - STEM Room 1 - 4 pm</p>	<p>Craft: create a Seed Packet Plaque for decor or your garden - Register with Theresa 10 - 11 am</p> <p>MahJong 1 - 4 pm</p>	<p>Watercolor group in STEM Room - Sign up with Theresa if new to the group 9:30 am - 12:30 pm</p> <p>Euchre Noon to 4 pm</p>
22	23	24	25	26
<p>El Grupo de Español Conference Room 9:30 - 11 am</p> <p>Craft: Jewelry making with Meera in the STEM Room - Register at Front Desk \$5 10 am to Noon</p> <p>July Birthday Celebrations 12:30 - 1 pm</p>	<p>Fairy Garden with Camp kids 9:45 - 10:45 am</p> <p>Hike: Durand Park Blue Trail in Irondequoit - Meet at site 10 - 11:30 am</p> <p>Garden Day- meet in Community Room 10 - 11 am</p> <p>Painting with Pizzazz - Advanced Class (Part 1 of 2) \$5 10 am to Noon</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>Photo Journey to Prague with Barb 10:30 am to Noon</p> <p>Craft: Still Life Sketching with Meera. Meet in STEM Room & Register at Front Desk for \$5 10 am to Noon</p> <p>MahJong - STEM Room 1 - 4 pm</p>	<p>Book Club: Unsheltered by Barbara Kingsover Meet in STEM Room 11 am to Noon</p> <p>Alcohol Ink Workshop - Register at Front Desk for \$5 10 am to Noon</p> <p>MahJong 1 - 4 pm</p>	<p>Craft: Decorate a bird house - Register at Front Desk for \$5 10:30 am - 12:30 pm</p> <p>Euchre Noon to 4 pm</p>
29	30	31		
<p>No Spanish Class today</p> <p>Learn it: Jean will teach the basics of belly dancing 12:30 - 1:30 pm</p>	<p>Garden Day - meet in the Community Room 10 - 11 am</p> <p>Painting with Pizzazz - Advanced Class (Part 2 of 2) 10 am to Noon</p> <p>Fairy Garden with Camp kids 9:45 - 10:45 am</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>Craft: Acrylic Landscape Painting with Meera. Meet in STEM Room & Register at Front Desk for \$5 10 am to Noon</p> <p>Speaker: Alex from Fleet Feet will be talking about footwear 10 am to Noon</p> <p>MahJong - STEM Room 1 - 4 pm</p>		<p>August 23: Monroe County's 20th Annual Salute to Seniors at Ontario Beach Park - Register by 8/6 10 am - 2 pm</p>

Interested in MahJong instruction - contact Theresa

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



EVENT DESCRIPTIONS

Wellness Workshops with Dan

At each workshop, Dan will be delving into various topics with open discussion for learning

AOA Garden Day

This will be a weekly event until harvest. Stop in the Community Room and see what needs to be done in the AOA garden. We may be watering, weeding, or working with camp kids to discuss gardening

Game Day: Telestrations

This is a drawing game that's essentially a hybrid of the game "telephone" and Pictionary. But don't worry, you don't need any drawing skills. In fact, the worse you are, the better.

Craft: Seashell Painting

Stop in and paint or decoupage a shell for a one of a kind design

Craft: Thank You/Greeting Cards

Create your own personalized thank you notes with available card stock, stamps, glitter, & other fun crafty items

Fairy Garden with the Camp kids

This is a creative outdoor event where young campers build miniature fairy gardens using natural materials guided by AOA and camp counselors for a magical experience in nature

Alcohol Ink

The Intro class is designed for beginners. You will work on how to manipulate the inks to create landscapes on paper. 2.0 Workshop is designed for those who have taken the intro class and is designed to continue your creative ideas

Spanish Class

Please note, throughout July & August, Spanish class will be available one time a month

Field Trip: Centerpointe Stables

Join us for a trip to Centerpointe Stables! Meet the horses, learn about their care, & enjoy brushing them. Register online & space is limited to 25 participants maximum

National Hot Dog Day

Stop in and grab a hot dog! Want to bring a dish to pass, register with Theresa

Crafting with Meera

Join us with Meera for some jewelry making! Register at the front desk to make items like bead rings & bracelets

Hike: Cornwall Preserves

3975 Lake Road Williamson, NY 14589

Hike: Durand Park Blue Trail

1702 Lakeshore Boulevard, Rochester NY 14617. Park across from Log Cabin Road

Painting with Pizzazz

This month Jim is doing an advanced class. He will be doing a more intricate colorful portrait and will be done in two consecutive classes (one on the 23rd and the other on the 30th). Register at the front desk

Crafting with Meera

Still life sketching with pencil. Register at the front desk

Craft: Bird House

Decorate a bird house with paint and various crafting supplies. Register at the front desk

Learn it: Belly Dancing

Join us for a fun introduction to the physical benefits such as improved flexibility, core strength, and muscle tone. It is also considered a form of artistic expression and can promote emotional well-being through its rhythmic and expressive movements

August 23: 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 other are encouraged to bring a lawn chair. This is a rain or shine event & register online by August 6th

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