



ACTIVE ADULT PROGRAMMING KUSHNER COMMUNITY ROOM SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Happy Labor Day! YMCA Closed</p>	<p>3</p> <p>Red Cross Blood Drive - Kushner Room 12:30 - 5:30 pm</p> <p>MahJong - Conference Room Noon</p>	<p>4</p> <p>Euchre/cards - Kushner Room Noon</p>	<p>5</p> <p>Watercolors with Julian - Miller Art Studio Noon to 1 pm</p>	<p>6</p> <p>Daniel Lyons with Lifespan presents: Name that Scam - 50's & 60's Theme Kushner Room Noon to 1 pm</p>
<p>9</p> <p>Art with Mikayla: Jewelry Making in the Miller Art Studio - Sign up at Member Services Noon to 1 pm</p> <p>Knitting/Crochet Club - Kushner Room 1 - 2 pm</p>	<p>10</p> <p>MahJong - Kushner Room Noon</p>	<p>11</p> <p>RIT/OSHER Lifelong Learning Institute Presents: A Learning Community for Adult Learners 50+ Kushner Room Noon to 1 pm</p> <p>Euchre/cards - Conference Room Noon to 1 pm</p>	<p>12</p> <p>Game on! Intro to Video Games for AOA's: Metro-eSports Lab -Sign up at Member Services for attendance Noon to 1:30 pm</p>	<p>13</p> <p>Therapy Dogs - Kushner Room & West Entrance Noon to 12:45 pm</p>
<p>16</p> <p>Book Club: The Women by Kristin Hannah Conference Room Noon to 1 pm</p>	<p>17</p> <p>MahJong - Kushner Room Noon</p>	<p>18</p> <p>Euchre/Cards - Kushner Room Noon</p>	<p>19</p> <p>Watercolors with Julian - Miller Art Studio Noon to 1 pm</p> <p>RIT/OSHER Lecture Series: The 2024 Rochester Labor Film Series (Highlights Issues related to Work & Workers) Conference Room 12:15 - 1:30 pm</p>	<p>20</p> <p>Calling all Hand and Foot Card Players! Kushner Room Noon to 1 pm</p>
<p>23</p> <p>Travel Adventures with Meena: London & Switzerland - Kushner Room Noon to 1 pm</p>	<p>24</p> <p>Senior Celebration at Bay View YMCA - Register online or at Member Services, \$15 per person 9:30 am - 2 pm</p>	<p>25</p> <p>Euchre/Cards - Kushner Room Noon</p> <p>Walk with Charlotte: Meet at Quaker Pond trail at Mendon Ponds Park - Signup sheet at Member Services 12:45 pm</p> <p>Card Making at Cloverwood/Glenmere - Sign up at Member Services 1:30 - 2:30 pm</p>	<p>26</p> <p>Meditation with Deb Kushner Room Noon to 12:45 pm</p> <p>RIT/OSHER Zoom Lecture Series: Queering Democracy: Art, Identity, & Politics in 2024 Conference Room 12:15 - 1:30 pm</p>	<p>27</p> <p>Calling all Bridge Players! Kushner Room Noon to 1 pm</p>
<p>30</p> <p>In the Kitchen with Chef Koren: Chocolate Pudding - Kushner Room Noon to 12:45 pm</p>				<p>9/21: Schottland YMCA 5 Year Anniversary Party \$20 pp & register at Member Services 4:30 - 7 pm</p>

See reverse for event descriptions.

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



EVENT DESCRIPTIONS

AOA Senior Celebration

Join us at the Bay View YMCA for a day of outdoor fun; boating, chair massage, fitness classes, zip-line, crafts, smoothie demo, music, lunch, ice cream, hiking, and social. \$15 per person and register at any Member Services desk

Lifespan Presents: Name that Scam

Join our favorite, Daniel Lyons with Lifespan for an informative and interactive session on scams. 50's and 60's Name that Tune Theme

RIT/OSHER Lifelong Learning Institute Overview

Join OSHER Director, Mary Tsikalakis, as she provides an overview of the Osher Lifelong Learning Institute at RIT. This member-led organization offers a wide range of academic, cultural, social programs, and activities to enrich and inspire adult learners over age 50

Game On! Intro to Video Games for AOA's

Join us in our new Metro-Esports Lab. Discover the fun and excitement of video games designed specifically for active older adults. From old-school classics to easy-to-play modern favorites, this program offers a relaxed and supportive environment where you can learn step-by-step instructions and enjoy gaming at your own pace. Explore a new world of entertainment and cognitive stimulation. No prior gaming experience required! Sign up at Member Services for attendance

Knitting/Crochet Club

Bring your projects, share patterns, ideas, knitting/crochet knowledge

In the Kitchen with Chef Koren

This month's recipe, Chocolate Avocado Pudding

RIT/OSHER Lifelong Learning Institute Weekly Lecture Series

Join us in our Conference Room for the first weekly Thursday Zoom educational lecture series with RIT/OSHER. OSHER is a member-led organization that offers a wide range of academic, cultural, and social programs, and activities to enrich and inspire adult learners over age 50. Space is limited & maximum 20 attendees per week. First lecture: Vincent Serravallo, Ph.D Celebrating Workers & Shining a Light on their Struggles; 2024 Rochester Labor Film Series

Travel Adventures with Meena

This month we explore London and Switzerland

Watercolors with Julian

Join art instructor, Julian in the Miller Art Studio to learn to paint with watercolors

Art with Mikayla

Join art instructor, Mikayla, in the Miller Art Studio to make jewelry. Sign up at Member Services for attendance

Book Club

This month's book; The Woman by Kristin Hannah

Visit to Glenmere Assisted Living at Cloverwood

Join Janet to visit and craft a card making with the residents of Glenmere Memory Care at Cloverwood. Sign up at Member Services for attendance. Transport self (across from the Schottland YMCA - 1 Wheatley Terrace, Pittsford, behind Barn Bazarre)

Walk with Charlotte

Meet at Quaker Pond Trail, Mendon Ponds at 12:45 pm. Sign up at Member Services for attendance

Meditation with Deb

Yoga Instructor, Deb M. will lead you in a mindful and stress relieving meditation in the Kushner Community Room

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.

Euchre

Open play, groups of 4. Folks can rotate in if there is an odd number of players

Bridge

Calling all bridge players. We are looking to start a Bridge club. Need groups of 4 and folks that can mentor new players. Let's try to get some folks together Fridays at Noon. Day/Time can be adjusted based on interested players

Hand and Foot Card Game

We are looking to start the popular Hand and Foot Card Game club. The game is a variation of Canasta. Object is to be the first to get rid of all your cards, "hand" first, and then "foot." Day/Time can be adjusted based on interested players. September will be the first gathering

Schottland 5 Year Anniversary Party (Saturday September 21)

Hard to believe it's been 5 years since we opened the Schottland YMCA. Join us later afternoon for spirits, tasting, music, and fun. Ages 21+ & \$20 per person. Register at Member Services

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



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