



ACTIVE ADULT PROGRAMMING

EASTSIDE FAMILY YMCA

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Food Demo with Lori: Pumpkin bread 11:15 - 12:15 pm Craft: Monogrammed Canvas Bags - Conference Room & Register at Front Desk for \$5 10 am to Noon Bridge 1:30 - 3:30 pm	2 Halloween Event planning - STEM Room 12:15 - 1:15 pm Sewing Love: Power Pads 12:30 - 3:30 pm MahJong - STEM Room 1 - 4 pm	3 Mindful Meditation with Jess - Mind Body Studio 12:15 - 12:45 pm Speaker: Smartphone with Matt - Community Room 10:30 - 11:30 am MahJong 1 - 4 pm	4 Hike: Schoen Place Canal Path in Pittsford - Meet at Sam Patch 10 - 11:30 am Beginner Euchre 11 am to Noon Euchre 1 - 4 pm
7 El Grupo de Español - Conference Room 9:30 - 11 am Photo Journey: Ireland with Theresa 12:30 - 1:30 pm AOA Committee Meeting 11:45 am - 1 pm Mitten Drive - more details on the descriptions page	8 Field Trip: Cummings Nature Center in Naples - Register at Front Desk for \$7 11:30 am - 2 pm Bridge 1:30 - 3:30 pm	9 Craft: Paint a Pumpkin Wine glass candle holder - Register at Front Desk for \$5 12:30 - 2 pm MahJong - STEM Room 1 - 4 pm	10 Speaker: Angela from Sage Ruddy will be here to talk about the Medicare changes 10:30 am to Noon MahJong 1 - 4 pm	11 Craft: Paint Fall Pumpkins with Mary - Register at Front Desk for \$5 10 am to Noon Beginner Euchre 11 am to Noon Euchre 1 - 4 pm
14 El Grupo de Español - Conference Room 9:30 - 11 am Travel to Japan with Kock-Yee 10:30 - 11:30 am October Birthday Celebration Noon to 12:30 pm Candy Bar Bingo 1 - 2:30 pm	15 Sewing Love: Dresses & Dolls - Lunch provided 10 am - 2 pm Bridge 1:30 - 3:30 pm	16 Photo Journey with Barb to Rudesheim Germany 10:30 am to Noon MahJong - STEM Room 1 - 4 pm	17 Field Trip: Powers Farm Market - Explore the market and ride a hayride for \$9.75 - Register at Front Desk & Pay at event 1 - 2:30 pm MahJong 1 - 4 pm	18 Watercolor Group in STEM Room & Sign up with Theresa if new to the group 9:30 am - 12:30 pm Beginner Euchre 11 am to Noon Euchre 1 - 4 pm
21 El Grupo de Español - Conference Room 9:30 - 11 am Create a cute chocolate pumpkin treat 11 - 11:30 am	22 Hike: North Ponds Park - Meet at park 10 - 11:30 am Intro to Alcohol Ink - \$5 Register at Front Desk 10 am - 1 pm Bridge 1:30 - 3:30 pm	23 Craft: Felted Mitten - Register at Front Desk for \$5 10 am to Noon Preschool Fireside Story Time 10 - 10:45 am MahJong - STEM Room 1 - 4 pm	24 Book Club: The Book of Lost Friends by Lisa Wingate - Conference Room 11 am to Noon Preschool Fireside Story Time 10 - 10:45 am Halloween Trick or Treat preparation day 11 am - 2 pm MahJong 1 - 4 pm	25 Ghostly Painting: Bring a picture from home to transform - STEM Room 10:30 am to Noon Beginner Euchre 11 am to Noon Euchre 1 - 4 pm Halloween Family Fun Event 5:30 - 7 pm
28 El Grupo de Español - Conference Room 9:30 - 11 am Craft: Chic Tabletop Pumpkin - Register at Front Desk for \$5 12:30 - 2:30 pm	29 Speaker: Wellness Center will be discussing small group programming 12:15 - 1:15 pm Bridge 1:30 - 3:30 pm	30 Speaker: Lifespan - Name the Scams (Halloween Edition) 10:30 am to Noon MahJong - STEM Room 1 - 4 pm Halloween Trick or Treat Event - Sign up with Theresa if you would like to volunteer 5:30 - 7:30 pm	31 AOA Halloween Party - Sign up with Theresa to bring a dish to share 10:30 am - 12:30 pm MahJong 1 - 4 pm	

Interested in MahJong instruction - contact Theresa

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



EVENT DESCRIPTIONS

Monogram Canvas Bags

Louise will help you create a one of a kind bag using different fabrics to create a cute collage letter. These bags are nice for carrying your workout gear or groceries. Register at the Front Desk

Halloween Family Fun Event

This year we are mixing it up a bit. We will be playing games, pumpkin carving, and so much more. To have this a fun success, we need volunteers to join in and create a Halloween-themed place for the kids. Interested in volunteering? Contact Theresa & join us on our planning/preparation days

Mindful Meditation with Jess

We are continuing this monthly programming. Please note it's in the Mind and Body Studio on the second floor

Smartphone with Matt

Join Matt for a walkthrough of Android smartphone basics and more

Hike: Schoen Place Canal in Pittsford

Rain or shine & we will meet at Sam Patch

Mitten Drive

We are gathering gloves and mittens for children and adults! Drop off your donations in the Community Room's collection box and help us bring warmth to our friends at Thurston Road, Maplewood, and/or Lewis Street

Field Trip: Powers Farm Market

Enjoy the haunted teepee, petting zoo, and pumpkin patch. You can check out the market and if interested, pay \$9.75 for a hayride (pay at the event). Please register with the Front Desk

Candy Bar Bingo

Calling all Bingo players! Who doesn't want to enjoy bingo and tasty treats? The more the merrier

Chocolate Pumpkin Treat

Stop in for cute edible treats - they are fun to make. No registration required

Craft: Felted Mittens

Terie and Louise will show you how to make these adorable wearable mittens. Register at the Front Desk

Preschool Fireside Story Time

We will read a story to the little ones and play a correlating game. This month's theme is pumpkins

Speaker: Lifespan presentation on Scams

Scammers are always changing the way they scam. Join us for an informational presentation on how to protect yourself from scams

Ghostly Painting

Bring in your old painting or print & create it into a spooky scene. We had a fun time with this last year

Craft: Chic Pumpkins

Create a one of a kind 4 inch foam pumpkin for your decor using paints, papers, and other items

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