



ACTIVE ADULT PROGRAMMING

EASTSIDE FAMILY YMCA

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Gingerbread Assembly - final steps 10:30 am - 2 pm Beginner Euchre 11 am to Noon Euchre Noon to 4 pm
4 El Grupo de Español Conference Room 9:30 - 11 am Gingerbread Display at George Eastman - 3 pm AOA Committee Meeting 11:45 am - 1 pm	5 Food Demo with Lori: Lasagna Roll ups 11:15 am - 12:15 pm Bridge 1:30 - 3:30 pm	6 Sewing Love: Power Pads 12:30 - 3:30 pm Candy Bar Bingo 1 - 2:30 pm MahJong - Village Room 1 - 4 pm	7 Stop in and help make our "Giving Thanks" Chain 10 am to Noon Mindful Meditation with Jess - Mind Body Studio 12:15 - 12:45 pm MahJong 1 - 4 pm	8 Try it: Sudoku 10 - 11 am Beginner Euchre 11 am to Noon Euchre Noon to 4 pm Hike: Sherwood Fields Park Trail - Meet at the Park 1 - 2:30 pm
11 El Grupo de Español Conference Room 9:30 - 11 am November Birthday Celebrations Noon to 12:30 pm Honoring Vetrans Day! Retired Commander Jon Allen will be speaking about his extensive military career Noon to 12:45 pm Candy Bar Bingo 1 - 2:30 pm	12 Painting with Pizzazz: Fall Scene - Register at Front Desk \$5 10 am - 12:30 pm Bridge 1:30 - 3:30 pm	13 Stop in and create an Acorn Cookie Demo with Heather 11 - 11:30 am MahJong - Village Room 1 - 4 pm	14 Friendsgiving - Register with Theresa & sign up for a dish to pass Noon to 2 pm MahJong 1 - 4 pm	15 Watercolor Group - Village Room & Register with Theresa if new to group 9 am - 12:30 pm Beginner Euchre 11 am to Noon Euchre Noon to 4 pm
18 El Grupo de Español Conference Room 9:30 - 11 am Craft: Pinecone Turkey 11 am - 12:30 pm	19 Speaker: MVPT - How PT can help with neck & jaw pain - Conference Room Noon to 1 pm Sewing Love: Dresses and Dolls - Lunch provided 10 am to 2 pm Bridge 1:30 - 3:30 pm	20 Alcohol Ink Ornaments - Register at Front Desk \$5 11 am to 1 pm MahJong - Village Room 1 - 4 pm	21 Hanging Pumpkin Pouch - Register at Front Desk \$5 11:30 am - 1:30 pm MahJong 1 - 4 pm	22 Sequence 10 - 11 am Beginner Euchre 11 am to Noon Euchre Noon to 4 pm
25 El Grupo de Español Conference Room 9:30 - 11 am	26 Meet & Greet: Baby Jackson is coming in to thank you all for the good wishes 12:30 - 1 pm Bridge 1:30 - 3:30 pm	27 Trivia 11:30 am - 12:30 pm MahJong - Village Room 1 - 4 pm	28 Closed for Thanksgiving!	29 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

Gingerbread Assembly

Eastside AOA group will be baking, icing and creating a display of our YMCA AOA activities to submit to the George Eastman Museum Gingerbread Exhibition. Please stop by when we are assembling to or check it out or on 11/4 to see it in completion before going to the museum. The Exhibition will be on display from November 9-January 5, 2025

Candy Bar Bingo

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

Hike: Sherwood Fields Park Trail

We are hoping to get one more before the cold weather hits. Meet at 2514 Penfield Road, next to East Penfield Fire Hall. The parking lot entrance is off the fire hall driveway. Dress accordingly for weather

Giving Thanks Chain

This year I would like our members to write down what you are thankful for, and we will create a chain to have hang in our room

Sudoku

Have you wanted to know more about this game or having difficulty moving to a more advanced level? Stop in and try it

Friendsgiving

Great time to sit and enjoy others company and catch up around a home cooked meal. Sign up with Theresa for an item to pass

Pinecone Turkeys

These are cute to have as table decor for your holiday gathering or a cute project to make with the kids. Stop in and find out how to make them

Speaker: MVPT

Do you have jaw pain when you talk, chew, or yawn? Lindsay Gerringer PT will be presenting about causes of jaw pain, ways to adapt daily life to prevent jaw pain and how physical therapy can help

Alcohol Ink Ornaments

Turn glass ornaments into works of art that you can hang in a window or on your tree. Register at the Front Desk

Hanging Pumpkin Pouch

Did you miss the opportunity to make these at Senior Celebration? Be sure to register at the Front Desk and you have time to create a sweet pouch that will hold flowers and other greenery

Meet & Greet baby Jackson

Jackson and his family are ever grateful for the support and love they have received during his surgery and recovery and would like to take time to meet you all to thank you

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