



ACTIVE ADULT PROGRAMMING EASTSIDE FAMILY YMCA DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>El Grupo de Español Conference Room 9:30 - 11 am</p> <p>Candy Bar Bingo 1 - 2:30 pm</p> <p>AOA Committee Meeting 11:45 am - 1 pm</p>	<p>Regifting Day - bring in your new/ gently used items 9:30 am - 12:30 pm</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>Ornament Day - Stop in to make ornaments! No registration required 10:30 am - 12:30 pm</p> <p>MahJong - Village Room 1 - 4 pm</p>	<p>Mindful Meditation with Jess - Mind Body Studio 12:15 - 12:45 pm</p> <p>Holiday Recipe Swap 10 am to Noon</p> <p>MahJong - 1 - 4 pm</p>	<p>Jeff Goldstein workshop on Interpersonal Skills - Conference Room & Free but have to register at Front Desk (Class 1 of 4) 11:30 am to 12:30 pm</p> <p>Holiday Card Making - come make a personalized card! No registration required 10 am to Noon</p> <p>Euchre Noon to 4 pm</p>
9	10	11	12	13
<p>El Grupo de Español Conference Room 9:30 - 11 am</p> <p>Painting with Pizzazz: Gnome on wood - \$5 & Register at Front Desk 10 am to Noon</p>	<p>Aqua Class Breakfast 8:30 - 11 am</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>Painting with Mary: Watercolor Trees - \$5 & register at Front Desk 10 am to Noon</p> <p>MahJong - Village Room 1 - 4 pm</p>	<p>AOA Holiday Party - Family Gym & Register at Front Desk for \$18 11 am - 1 pm</p> <p>MahJong 1 - 4 pm</p>	<p>Jeff Goldstein workshop on Interpersonal Skills - Conference Room (Class 2 of 4) 11:30 am to 12:30 pm</p> <p>Craft: Alcohol Ink Ornaments - \$5 & Register at Front Desk 10 - 11:30 am</p> <p>National Hot Cocoa Day - stop in the Community Room for a cup!</p> <p>Euchre Noon to 4 pm</p>
16	17	18	19	20
<p>El Grupo de Español Conference Room 9:30 - 11 am December Birthday Celebration 12:15 - 12:30 pm Member Spotlight: Phyllis will share her history and business of company model trucks 12:30 - 1 pm</p>	<p>Painting with Pizzazz: Boy and Dog - \$5 & Register at Front Desk 10 am to Noon</p> <p>Bridge 1:30 - 3:30 pm</p>	<p>Make Christmas Cards for local nursing homes and assisted living centers 10 am to Noon</p> <p>Field Trip: George Eastman Museum - \$19 & register at Front Desk 1 - 3 pm</p> <p>MahJong - Village Room 1 - 4 pm</p>	<p>Cookie Exchange: sign up with Theresa to bring 3 dozen to exchange</p> <p>MahJong 1 - 4 pm</p>	<p>Jeff Goldstein workshop on Interpersonal Skills - Conference Room (Class 3 of 4) 11:30 am to 12:30 pm</p> <p>Watercolor Group - Village Room & Register with Theresa if new to the group 9 am - 12:30 pm</p> <p>Euchre Noon to 4 pm</p>
23	24	25	26	27
<p>National Roots Day! Share your family roots - bring pictures, heirlooms, or a dish to pass 10:30 am - 12:30 pm</p>	<p>Enjoy Holiday music, coffee, and conversation! 10 am to Noon</p>	<p>Happy Holidays! Branch Closed</p>	<p>Photo Challenge: Group Exploration Noon to 1 pm</p> <p>MahJong 1 - 4 pm</p>	<p>Jeff Goldstein workshop on Interpersonal Skills - Conference Room (Class 4 of 4) 11:30 am to 12:30 pm</p> <p>Euchre Noon to 4 pm</p>
30	31			
<p>Stop in, grab an Eggnog and help with the Y's New Years Eve count down prep 10 am to Noon</p>	<p>New Years traditions: stop in and learn how New Years is celebrated around the world! Watch the Balloon Drop at Noon in the Main Gym</p>			

Interested in MahJong instruction - contact Theresa

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



EVENT DESCRIPTIONS

Regifting Day

This day is for those gifts that maybe you received in the past and are not sure what to do with them. Bring them in as they may now be someone else's treasure

Holiday Card Making

Take advantage of the different available papers, stamps, paints and other items to create a one of kind holiday card for someone special. No registration required

Workshop on Interpersonal Skills

These interactive fun workshops are designed to build self-confidence, enhance relationships, and manage stress and worry. If interested please register at the desk, there is no cost. These are consecutive workshops therefore must sign up prior to first class. Classes are provided by Jeff Goldstein who has over 40 years of leadership training and has worked with diverse people from many professions and backgrounds

Aqua Class Breakfast

The Community room is reserved for the Aqua classes to enjoy their holiday spirit

Holiday Recipe Swap

Bring in your favorite recipe to share. This is a great way to get new ideas for your holiday gatherings

Holiday Party

This is a catered event by Salmon Creek- Buffet Menu will include Roast beef, chicken French, Ziti with Mozzarella, Green Salad, Green beans, roasted potatoes and rolls. Cost \$18.00 per person. The New Horizon Choral group will be performing for us. Santa and his elves will be available for photo ops, and we will be raffling off prizes. There will be a sign up available in the community room to bring cookies, set up, clean up and serve. Registration is required by 12/2/24

Field Trip: George Eastman Museum

Field trip to the George Eastman Museum. Eastside Active Older Adults are excited to enter the 29th Annual Sweet Creations Gingerbread Exhibit. The AOA group was inspired by the historic Maplewood YMCA, their design celebrates the Y's community impact. Come as a group to explore the AOA Gingerbread exhibit as well as the other creations. Meet at the museum at 1pm. This is a self-guided tour, however registration is required. Group pricing is \$19 per person

National Roots Day

Come and share your origins along with pictures, mementos or food

Photo Challenge Group

This is a new program. This will be the first meeting to determine if this is something that would be fun and enjoyable to do as a group. Each month, items will be determined and individuals in the group will take pictures on their own and then come together to share these with the group. During this group time, sharing ideas or how to take photo shots differently to highlight the objects is one of many goals

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