



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | JANUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

New Years Day! 1
1-4pm
Mah Jong - Village Room

12:30-1:15pm 2
Mindful Meditation with
Jess - Mind Body Studio

1-4pm
Mah Jong

Noon to 4pm 3
Euchre

9:30-11am 6
El Grupo de Español -
Conference Room

11:45am-1pm
AOA Committee Meeting

1-2:30pm
Candy Bar Bingo

1:30-3:30pm 7
Bridge

12:30-3:30pm 8
Sewing Love: Power Pads

1-4pm
Mah Jong - Village Room

10:30-11:30am 9
Alzheimer's Association
Presents: Healthy Living
Brain & Body -
Conference Room

1-4pm
Mah Jong

11am to Noon 10
Sequence

Noon to 4pm
Euchre

9:30-11am 13
El Grupo de Español -
Conference Room

10:30 am to Noon
New Member Social:
meet & greet with other
members and learn more
about your Y benefits

1:30-3:30pm 14
Bridge

11 am to Noon 15
Food Demo: bagel making on
National Bagel Day

1-4pm
Mah Jong - Village Room

10am-1pm 16
*AOA Art Exhibit & 2024
Celebration with mocktails
& appetizers. See Theresa to
bring an appetizer to share

1-4pm
Mah Jong

9:30am-12:30pm 17
*Watercolor Group:
Register if new to the group-
Village Room

Noon to 4pm
Euchre

9:30-11am 20
El Grupo de Español -
Conference Room

Noon to 1pm
Birthday Celebration

1:30-3:30pm 21
Bridge

10 am to Noon 22
*Craft: Jewelry Art with
Terie \$5

1-4pm
Mah Jong - Village Room

Yahtzee 23
11am-1pm

1-4pm
Mah Jong

Noon to 4pm 24
Euchre

9:30-11am 27
El Grupo de Español -
Conference Room

10 am to Noon
*Painting with Mary: Acrylic
Chickadee \$5

12:30-1:30pm
Speaker: Emily from Evolve -
Pelvic Floor Health

10am-2pm 28
Sewing Love: Dresses
and Dolls - Lunch provided

1:30-3:30pm
Bridge

National Puzzle Day! 29
Stop by and help us put
together a fun puzzle

1-4pm
Mah Jong - Village Room

Noon to 1pm 30
Photo Challenge Group -
Village Room

1-4pm
Mah Jong

XX time - XX time 31
*Craft: Pressed Flower
Tea Light \$5

Noon to 4pm
Euchre

*Notes that registration is required.

Email theresa.schliff@rochesterymca.org with any questions, interests or talents



EVENT DESCRIPTIONS

Mindful Meditation with Jess

Join Jess in the Mind and Body Studio for a 45-minute session focused on mindfulness and relaxation. Discover simple techniques to reduce stress, enhance mental clarity, and achieve a sense of inner peace.

El Grupo de Español

Practice your Spanish language skills in a welcoming environment. This weekly gathering encourages conversation, vocabulary building, and cultural discussions. Great for beginners and fluent speakers alike!

AOA Committee Meeting

Be part of shaping the future of AOA programming at this monthly meeting. Share your ideas, learn about upcoming events, and help plan activities that serve our active older adult community.

Candy Bar Bingo

Bingo with a sweet twist! Play for the chance to win delicious candy bars while enjoying a lively and social afternoon with friends.?

Sewing Love: Power Pads

Join a meaningful sewing project where we create reusable hygiene pads for communities in need. No sewing experience is necessary, and all supplies will be provided.

Speaker: Alzheimer's Association – Healthy Living for Brain and Body

Learn evidence-based strategies for maintaining cognitive and physical health from a representative of the Alzheimer's Association. Gain valuable insights into improving your quality of life as you age.

New Member Social

New to the YMCA? Come meet other members, make connections, and learn about all the benefits and programs available to you. Light refreshments will be served.

Food Demo: National Bagel Day

Celebrate National Bagel Day by learning how to make your own delicious bagel. This interactive demo will teach you tips and tricks for preparing the perfect bagel at home.

AOA Art Exhibit and 2024 Celebration

Celebrate the new year at this special event featuring an art exhibit showcasing the talents of our AOA community. Enjoy mocktails, appetizers, and great company. Sign up with Theresa to bring an appetizer to share.

***Watercolor Group**

Explore the art of watercolor painting in a relaxed group setting. Whether you're an experienced artist or new to the medium, you'll enjoy guidance and creative camaraderie. Register with Theresa at the front desk to participate.

Birthday Celebration

Celebrate all January birthdays with a special gathering filled with fun and laughter. Enjoy a slice of cake, meet others, and join in the festivities.

***Craft: Jewelry Art with Terie**

Create your own jewelry masterpiece in this hands-on crafting workshop. Guided by Terie, you'll learn techniques to design stunning pieces to take home. Register at the front desk with a \$5 fee.

Speaker: Emily from Evolve – Pelvic Floor Health

Discover the importance of pelvic floor health in this informative session led by Emily from Evolve. Learn practical exercises and tips for maintaining strength and wellness as you age.

***Craft: Pressed Flower Tea Light**

Learn how to make a stunning tea light holder using pressed flowers. This unique craft workshop is perfect for anyone who loves blending creativity with nature. Register at the front desk with a \$5 fee.

Join the YMCA AOA Facebook Group!
Scan the QR code now and stay
updated on all AOA programming.

