



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | MARCH 2025

MONDAY

9:30-11am **3**
El Grupo de Español
- Conference Room

12:30-1:15pm
Mindful Meditation
with Jess

9:30-11am **10**
El Grupo de Español
- Conference Room

Noon to 1:30pm
AOA Committee
Meeting

1:30-3pm
Candy Bar Bingo

9:30-11am **17**
El Grupo de Español
- Conference Room

11am-1pm
*St. Patrick's Day
Luncheon - \$12

9:30-11am **24**
El Grupo de Español -
Conference Room

12:30-2pm
United Way Volunteer
Event

9:30-11am **31**
El Grupo de Español -
Conference Room

TUESDAY

10am to Noon **4**
*Jewelry Art with
Terie - \$5

1:30-3:30pm
Bridge

11:30am-12:30pm **11**
Volunteer
Appreciation!
- Conference Room

1:30-3:30 pm
Bridge

10am-2pm **18**
Sewing Love:
Dresses & Dolls -
Lunch included

1:30-3:30 pm
Bridge -
Village Room

10:30-11:30am **25**
Travel Adventure:
Journey to Norway & The
Arctic with Kock Lee

12:15-1pm
March Birthday
Celebration

1:30-3:30pm
Bridge

WEDNESDAY

12:30-3:30pm **5**
Sewing Love: Power
Pads

1-4pm
Mah Jong -
Village Room

11am to Noon **12**
Learn & Play Card
Game - Fan Tan & 99

1-4pm
Mah Jong -
Village Room

9:30-10:30am **19**
*National "Read to
Me" Day

10:30-11:30am
Photography Club

1-4pm
Mah Jong

10:30am to Noon **26**
*Wine Bottle Craft
with Bev - \$5

1-4pm
Mah Jong -
Village Room

THURSDAY

1-4pm **6**
Mah Jong

10:30-11:30am **13**
Alzheimer's
Association
Presents: 10 Warning
Signs of Alzheimer's -
Conference Room

1-4pm
Mah Jong

9:30am-12:30pm **20**
*Painting with Pizzazz
with Jim: Abstract
Flower - \$5

1-4pm
Mah Jong

11am to Noon **27**
Book Club: The
Secrets We Keep
by Lara Prescott -
Conference Room

1-4pm
Mah Jong

FRIDAY

11 am to Noon **7**
Cereal Day - Come be
surprised!

Noon to 4 pm
Euchre

11am-1pm **14**
*National Pie Day -
Bring a pie to share

Noon to 4 pm
Euchre

12:30-1:30pm
Hiking Group Meeting

9:30am-12:30pm **21**
*Watercolor Group-
Conference Room- \$5

10-11am
Garden Meeting

Noon to 4pm
Euchre

Noon to 4pm **28**
Euchre

Join the Active Older Adults at the YMCA
of Greater Rochester Facebook Group!
Scan the QR code below!



* Notes registration is required.



EVENT DESCRIPTIONS

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.

Birthday Celebration

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

Book Club: The Secrets We Keep

Dive into *The Secrets We Keep* by Lara Prescott with our monthly book club. Share your thoughts, explore the themes, and enjoy a lively discussion in the Conference Room.

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!

Learn & Play Cards Games

Learn how to play two new cards games – “Fan Tan” and “99” with Mike. Play alongside other learners as well.

***Craft: Jewelry Art**

Create your own jewelry masterpiece in this hands-on crafting workshop. Guided by Terie, you will learn techniques to design stunning pieces to take home. \$5 fee

***Craft: Wine Bottle Craft**

Guided by Bev, learn how to craft fun works of art using wine bottles. \$5 fee

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!

Food Demo

Learn the recipe and preparation to make delicious mediterranean bowls with Heather.

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.

***National Pi Day**

Sign up to bring a pie and recipe to share!

***National “Read To Me” Day**

Sign up to read a story to our preschool groups.

***Painting with Pizzazz**

Join Jim to create an eye-catching acrylic painting featuring a girl and her cat. Let your creativity shine in this guided session. \$5 fee

Photography Club

Share and learn basic photography/videography techniques using your cell phone.

Sewing Love: Power Pads

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

***St. Patrick’s Day Party**

Celebrate St. Patrick’s Day with a catered lunch of Corned Beef and Cabbage. \$12 fee

United Way Volunteer Event

Build Kits with home care items, learn about volunteer opportunities and connect with community driven individuals. Refreshments will be available. Please feel free to bring a friend!

***Watercolor Group**

Explore the art of watercolor painting in a relaxed group setting. Whether you are an experienced artist or new to the medium, you will enjoy guidance and creative camaraderie. \$5 fee