



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10 am to Noon *Painting with Pizzazz with Jim - \$5  1-4 pm Mah Jongg	2 10 am to Noon Kentucky Derby Events - Join the Games!  Noon to 4 pm Euchre
5 9:30-10:30 am Cinco de Mayo - Community Room  Noon to 1:30 pm AOA Committee Meeting - Conference Room  12:30-1:15 pm Mindful Meditation with Jess - MindBody Studio  1:30-3 pm Candy Bar Bingo	6 10 am to Noon Game Spotlight: Sequence  1:30-3:30 pm Bridge	7 10:30-11:30 am Traveling in Switzerland with Barb  10:30-11:30 am Photography Club - Conference Room  12:30-3:30 pm Sewing Love: Power Pads  1-4 pm Mah Jongg - Village Room	8 1-4 pm Mah Jongg	9 9:30-11:30 am *Watercolors with Mary: "Look What's Blooming"-\$5  Noon to 4 pm Euchre
12 9:30-10:30 am Celebration of Spanish Lessons with Jasmin - Conference Room  11 am-12:30 pm Mother's Day Teacup Garden & other activities!	13 10-11:30 am Hike: Harris Whalen Park - See Hiking Schedule  10:30-11:30 am AI Presentation from Markus Silvestry  1:30-3:30 pm Bridge	14 10 am to Noon *Suncatchers with Terie & Bev - \$5  10:30-11:30 am Photography Club - Conference Room  1-4 pm Mah Jongg - Village Room	15 7-11:30 am Aqua Class Breakfast  1-4 pm Mah Jongg	16 9:30 am-12:30 pm Watercolor Group - Village Room  Noon to 4 pm Euchre
19 12:15-1 pm May Birthday Celebration	20 10am-2 pm Sewing Love: Dresses and Dolls  1:30-3:30 pm Bridge	21 10:30-11:30 am *Rochester's Best Kept Secret: Unveiling the Mighty Wurlitzer Theater Organ!  11 am to Noon *MVPT Presentation on Pickleball Injury Prevention - Conference Room  1-4 pm Mah Jongg - Village Room	22 10 am to Noon *Painting with Pizzazz with Jim - \$5  11 am to Noon Book Club: Becoming Madame Secretary by Stephanie Dray - Conference Room  1-4 Mah Jongg	23 8:45 am-12:30 pm *Bird Walk with Mary: Braddock Bay Bird Observatory  Noon to 4 pm Euchre
26 Happy Memorial Day! No Activities Today	27 10:30-11:30 am Travel Log with Kock-Yee: Journey Through Nepal and Northern India  1:30-3:30 pm Bridge	28 11 am to Noon *Tour of New Equipment & Programs  10:30-11:30 am Photography Club - Conference Room  1-4 pm Mah Jongg - Village Room	29 11 am to Noon *Food Demo with Karen  1-4 pm Mah Jongg	30 1-2:30 pm Hike: Mertensia Road Park - See Hiking Schedule  Noon to 4 pm Euchre

Please email [eastsideaoa@RochesterYMCA.org](mailto:eastsideaoa@RochesterYMCA.org) with any questions, concerns, or talents!  
\*Notes registration is required.

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





## EVENT DESCRIPTIONS

### **AI Presentation from Markus Silvestry**

Join Markus as he explains what AI is, how it works, and how you can use it!

### **AOA Committee Meeting**

Be a 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.

### **\*Bird Walk at Braddock Bay Bird Observatory**

Join Mary for a carpool trip from Eastside YMCA to Braddock Bay Bird Observatory to spot migrating songbirds up close. Bring your hiking shoes and binoculars (we have a few to share)! Drivers are welcome to help with carpooling.

### **Birthday Celebration**

Celebrate all May birthdays with a special gathering filled with fun and laughter. Enjoy a slice of cake too!

### **Book Club**

Dive into the world of Becoming Madame Secretary by Stephanie Bray with our monthly book club. Be a part of the conversation as you explore the themes and enjoy a lively discussion in the Conference Room.

### **Candy Bar Bingo**

Bingo with a twist! Play for the chance to win delicious candy bars while enjoying a lively and social afternoon with friends! Remember to bring a candy bar of your own to put into the pot!

### **\*Food Demo with Karen**

Join Karen in her demonstration of how to make delicious pasta salad with a twist!

### **Kentucky Derby Event**

In the racing spirit of the upcoming Kentucky Derby, we will be hosting a horse race of our own! Using chocolate coins, bet on your favorite racing horses and you could win the pot!

### **\*Look What's Blooming with Mary - \$5**

Join in on this beautiful Garden Themed watercolor project with Mary in our Community Room!

### **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.

### **Mother's Day Teacup Garden**

Join us in the community room to create small teacup gardens with small Spider Plant clippings. We will also be making coffee filter flowers and enjoy some tea and cookies while you create.

### **\*MVPT Presentation on Injury Prevention in Pickleball**

Learn valuable topics and injury prevention techniques to help players of all levels enjoy the game while minimizing risk of injury.

### **\*Painting with Pizzazz with Jim - \$5**

Join Jim in creating past spring themed paintings.

### **Photography Club**

Share and learn basic photography and videography techniques using your cell phone!

### **\*Rochester's Best Kept Secret: Unveiling the Mighty Wurlitzer Theatre Organ! – Conference Room**

Discover one of Rochester's hidden gems, the Mighty Wurlitzer theatre organ at the Auditorium Theatre! Saved by the Rochester Theater Organ Society, this 94-year-old musical marvel still fills the hall with powerful performances by organists from around the world.

### **Spanish Lessons with Jasmin**

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!

### **\*Suncatchers with Terie & Bev - \$5**

Join Terie and Bev in making beautiful beaded suncatchers to enjoy in your home, a community space, or give as a gift to a loved one!

### **\*Tour of New Equipment and Classes**

With all the new pieces of equipment and construction that have been taking place, take a moment to become reacquainted with your gym. Guided by one of our wellness coaches, take you on a tour through what's new, how to use it, and what classes are being offered by who and when.

### **Watercolor Group**

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