



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10:-11:30am ¹
Hiking Group:
Highland Park

1:30-3:30pm
Bridge

12:30-3:30pm ²
Sewing Love: Power
Pads

1-4pm
Mah Jong -
Village Room

10-11:30am ³
*Food Demo with
Karen: Pasta - \$5

1-4pm
Mah Jong

10am to Noon ⁴
*Sketch & Paint Class
with Jim (Part 1) - \$5

Noon to 4pm
Euchre

9:30-10:30am ⁷
El Grupo de Español -
Conference Room
Noon to 1:30pm
AOA Committee Meeting
12:30-1:15pm
Mindful Meditation -
MindBody Studio
1:30-3pm
Candy Bar Bingo

10am to Noon ⁸
*Embellished Tote
Bags with Louise - \$5
11:30-12:30pm
Financial Planning
with Chris Courtney
1:30-3:30pm
Bridge

10:30am to Noon ⁹
Cookies with Sam
1-4pm
Mah Jong -
Village Room

11am to Noon ¹⁰
Alzheimer's
Association
Presentation -
Conference Room
1-4pm
Mah Jong

10am to Noon ¹¹
*Sketch & Paint Class
with Jim (Part 2) - \$5
Noon to 4pm
Euchre

9:30-10:30am ¹⁴
El Grupo de Español
- Conference Room
11am-1pm
National Gardening
Day - Garden Tour
with Dot

11am to Noon ¹⁵
MVPT Presentation
on Balance & Fall
Prevention
1:30-3:30pm
Bridge

10-11am ¹⁶
Travel Log with Barb
10:30-11:30am
Photography Club -
Village Room
1-4pm
Mah Jong -
Village Room

1-4pm ¹⁷
Mah Jong -
Community Room

9:30am-12:30pm ¹⁸
*Watercolor Group -
Conference Room
10-11am
Garden Meeting
Noon to 4pm
Euchre

9:30-10:30am ²¹
El Grupo de Español -
Conference Room

10am to Noon ²²
Sewing Love:
Dresses & Dolls -
Lunch included

1-4pm ²³
Mah Jong -
Village Room

10-11:30am ²⁴
*Felt Painting with
Heather - \$5
11am to Noon
Book Club: The Family
Upstairs by Lisa Jewell -
Conference Room
1-4pm
Mah Jong

9:30am to Noon ²⁵
Textured Relief in
Metal with Mary
10-11:30am
Hiking Group:
Powder Mill Park
Noon to 4pm
Euchre

9:30-10:30am ²⁸
El Grupo de Español -
Conference Room

12:15-1pm
April Birthday
Celebration

10am to Noon ²⁹
*Painting Class with
Jim (Part 1) - \$5

1:30-3:30pm
Bridge

1-4pm ³⁰
Mah Jong -
Village Room

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

Book Club

Dive into *The Family Upstairs* by Lisa Jewell with our monthly book club. 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!

***Food Demo: Pasta – \$5**

Explore the unique way of making long pasta strands using a tool not widely known.

***Sketch & Paint with Jim – \$5**

This two-part class with Jim will walk you through how to sketch and then bring it to life through painting.

Travel Adventure with Barb

Explore Leiden, Netherlands through photographs and storytelling.

***Felt Painting with Heather – \$5**

Heather will take you step by step on how to create a “painted” landscape using felt.

Textured Relief in Metal with Mary

Join Mary as she guides you through art in textured aluminum to create an image or abstract piece of art.

Financial Planning with Chris Courtney

Chris and his colleagues will be discussing financial literacy and a high level overview on how the finance world works.

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!

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.

Garden Tour with Dot for National Garden Day

Tour the Garden to learn and explore the plans and visions of the summer with our Garden Expert Dot! Learn more about the Garden Club and gardening opportunities throughout the tour!

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.

***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.

***MVPT Presentation on Balance and Fall Prevention**

Heather is the Clinical Manager at the MVPT Physical Therapy Penfield office and has been a physical therapist in the Rochester area for over 20 years. She will provide valuable information and the necessary tools to help prevent a fall. Heather will also discuss what to do in case you fall.