



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-11 am Garden Club Meeting Noon to 1:30 pm AOA Committee Meeting - Conference Room 12:30-1:15 pm Mindful Meditation with Jess - MindBody Studio	3 10-11 am *How to Approach Dr. Appointments with Dr. Kristine Tenebruso 1:30-3:30 pm Bridge	4 12:30-3:30 pm Sewing Love: Power Pads 10:30-11:30 am Photography Club - Conference Room 1-4 pm Mahjong - Village Room	5 11 am-1 pm Game Spotlight: Uno Attack 1-4 pm Mahjong	6 Noon to 4 pm Euchre
9 10:30-11:30 am Travel Log with Barb: Cape Town 1-2:30 pm Candy Bar Bingo - Village Room	10 10-11:30 am Hike: Secret Sidewalk See Hiking Schedule 10:30 am to Noon Strawberry Moon Dessert Potluck - Bring your favorite strawberry treat! 1:30-3:30 pm Bridge	11 9:30 am-2 pm *AOA Celebration - \$20 YMCA Camp Bay View 10:30-11:30 am Photography Club - Conference Room 1-4 pm Mahjong - Village Room	12 11 am to Noon *Food Demo: Summer Dessert Noon to 1 pm "Fireside" Chat: Being an Ally 1-4 pm Mahjong	13 Noon to 4 pm Euchre
16 11 am-1 pm *Embellished Tote Bags with Louise - \$5 Noon to 2 pm Father's Day Potluck, Hot Dogs, and Games! - Courtyard	17 10 am -2 pm Sewing Love: Dresses and Dolls 1:30-3:30 pm Bridge Village Room	18 10-11 am *MVPT Presentation: Functional Mobility 10:30-11:30 am Photography Club - Conference Room 1-4 pm Mahjong - Village Room	19 9:30-11 am *Painting with Jim - \$5 11:30 am-12:30 pm Juneteenth Celebration 1-4 pm Mahjong	20 9:30 am-12:30 pm Watercolor Group - Village Room Noon to 4 pm Euchre
23 10:30-11:30 am Travel Log with Kock Yee: Costa Rica and Panorama - Community Room 11 am-12:30 pm *Concrete Mushrooms: Part 1 - \$5	24 11 am-1 pm Try It: Macrame - Hanging Plant Holders or Coasters 1:30-3:30pm Bridge	25 10:30-11:30 am Photography Club - Conference Room 11 am to Noon *Food Demo: Mediterranean Bowls 1-4 pm Mahjong - Village Room	26 11 am to Noon Book Club: City of Girls by Elizabeth Gilbert - Conference Room 10-11 am *Alzheimer's Association: Supporting Independence - Community Room 1-4 pm Mahjong	27 9:30 am to Noon *Metal Mandala with Mary - \$5 1-2:30 pm Hike: Webster Arboretum See Hiking Schedule Noon to 4 pm Euchre
30 11 am-1 pm *Concrete Mushrooms: Part 2 11:45 am-12:30 pm June Birthday Celebration				

Please email 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

***AOA Celebration**

This is the celebration of you, the AOA Community! Join us for various fun outdoor and indoor activities and crafts, along with delicious food and a fun filled day at YMCA Camp Bay View!

***Alzheimer's Association Presentation**

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

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.

Birthday Celebration

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

Book Club

Dive into the world of City of Girls by Elizabeth Gilbert 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 throw into the pot!

***Concrete Mushrooms**

Join Theresa and Heather in this two-part class. The first class will consist of creating the concrete mushrooms while the second class will be decorating them!

***Embellished Tote Bags**

In this activity you will be able to iron on patterns to a tote bag and bedazzle them to your hearts content! Enjoy the calm creative space led by Louise.

***Father's Day Event**

Bring your favorite side dish to share for this potluck event including a main course of grilled hot dogs and games outside (weather permitting) for this relaxing afternoon! Event will be held in the courtyard if weather permits, and inside the community room as required.

Juneteenth Celebration

Come to the Community Room to join in the celebration of Juneteenth with interactive ways to learn more about the holiday and the history behind it!

***Metal Mandala with Mary**

Create mesmerizing Mandalas out of wire and other tactile materials in this guided class by Mary.

Mindful Meditation with Jess

Join Jess in the MindBody 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.

***MVPT Presentation on Functional Mobility**

Ryan Healy, PT, DPT, from MVPT will be speaking on the proper body mechanics and adaptive techniques to help you garden safely and comfortably!

Photography Club

Share and learn the basics of photography and videography techniques using your cell phone! Share in the joys of photography and the memories it can capture.

***How to Approach Dr. Appointments with Dr. Kristine Tenebruso**

Dr. Kristine Tenebruso is a Physician Liaison at ConnectCareMD.com and will be speaking on the importance of medical literacy, how to ask the right questions at your visits, and what you need to know before the visit even begins!

"Fireside" Chat: Being an Ally

Join us in this round table discussion of what it means to be an Ally during Pride Month for your friends and family! This is a place to ask the questions you've been wanting to ask and learn how to support your friends and family members in the best ways possible.

Try It: Macrame

In this session, join Gwyn in attempting to learn a craft beside you. Learn to measure and knot to create either a hanging plant holder or a coaster!

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.