



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | JULY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

11 am-12:30 pm
*Decorate Cookies
with Sam - \$5

1:30-3:30 pm
Bridge

2

10:30-11:30 am
Photography Club -
Conference Room

11:30 am-1:30 pm
*Hot Dog Day Potluck
Side Patio: Weather
Permitting

1-4 pm
Mahjong

3

1-4 pm
Mahjong

4

Happy 4th of July!
Branch Closed

7

10-11 am
Garden Meeting

Noon to 1:30 pm
AOA Committee Meeting
- Conference Room

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

8

10-11:30 am
Hike: Mt. Hope
Cemetery -
See Hiking Schedule

1:30-3:30 pm
Bridge

9

10:30-11:30 am
Photography Club -
Conference Room

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

1-4 pm
Mahjong -
Village Room

10

11 am-1 pm
*Alcohol Ink with
Heather - \$5

1-4 pm
Mahjong

11

11 am-1 pm
Game Spotlight:
Code Names

1-4 pm
Bridge

14

12:30-1:30 pm
*Wellness Program
Sampler:
Yogurt Bar -
Community Room

15

10 am-2 pm
Sewing Love:
Dresses and Dolls

1:30-3:30 pm
Bridge

16

10-11 am
*MVPT Presentation:
Joint Replacements

10:30-11:30 am
Photography Club -
Conference Room

1-4 pm
Mahjong

17

10 am to Noon
*Painting with Jim
- \$5

1-4 pm
Mahjong

18

9:30 am-12:30 pm
Watercolor Group -
Village Room

1-4 pm
Bridge

21

10:30 am to Noon
Travel Log with
Barb: South Africa

22

10 am to Noon
*Berry Picking:
Meet at Wilbert's
Farm - see back
for more details

1:30-3:30pm
Bridge

23

10:30-11:30 am
Photography Club -
Conference Room

1-3 pm
*Landscape Painting with
Meera - \$5

1-4 pm
Mahjong

24

11 am to Noon
Book Club: The
Drowning Woman by
Robyn Harding -
Conference Room

1-4 pm
Mahjong

25

10-11 am
*Dr. Ricciardi Presents:
Joint Replacements

1-2:30 pm
Cornwall Preserves in
Williamson -
See Hiking Schedule

1-4 pm
Bridge

28

11:30 am to Noon
July Birthday
Celebration

12:30-1:30 pm
*Fall Prevention
Wellness Workshop
- MindBody Studio

29

10 am to Noon
*Envelopes and
Boxes with Bev
- \$5

1:30-3:30 pm
Bridge

30

10:30-11:30 am
Photography Club -
Conference Room

1-3 pm
*Still Life Drawing with
Meera

1-4 pm
Mahjong

31

11 am to Noon
*Food Demo

1-4 pm
Mahjong

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

***Alcohol Ink with Heather**

Join Heather in the instructional on how to use alcohol ink to create a beautiful piece of art.

AOA Committee Meeting

Be a part of shaping the future of AOA Programming at this monthly meeting. Share your ideas, learn more about upcoming events, and help plan activities that serve our Active Older Adults community.

***Berry Picking at Wilbert's Farm**

Meet us over at Wilbert's Farm on Salt Rd. in Penfield for berry picking! Free parking and pricing for berries may vary.

Birthday Celebration

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

Book Club

Dive into the world of *The Drowning Woman* by Robyn Harding 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.

***Decorate Cookies with Sam**

Come decorate some delicious cookies with Sam. She'll have a variety of different shapes and flags for you to decorate!

***Dr. Ricciardi's Presentation**

Dr. Ben Ricciardi is an orthopedic surgeon who specializes in hip and knee replacement. He is coming to discuss the ins and outs of these surgeries through his perspective.

***Envelopes and Boxes with Bev**

This class focuses on making your own envelopes and boxes to send to others or use for yourself!

***Fall Prevention Wellness Workshop**

Learn how to improve your balance, strength, and stability to help prevent falls with Sam R. This workshop will help assess fall risk and introduce useful drills and wellness tips to support safe, confident movement in daily life.

Game Spotlight: Code Names

Gwyn will be teaching and playing Code Names in the community room during this time. Come and enjoy a relaxed gaming atmosphere with others!

Garden Meeting

Enjoy gardening and want to participate in the Garden Club here at the YMCA? Come see what we have growing and be a part of planning the Garden's future!

***Hot Dog Day Potluck**

Weather permitting this will be an outdoor potluck event with games, a prize winner to our matching game will be announced, grilled hot dogs, and welcome back for our beloved Theresa!

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: Joint Replacement Rehabilitation**

Come and learn how to prepare for an upcoming joint replacement and the recovery of it with one of the knowledgeable physical therapists from MVPT!

***Painting with Jim**

Join Jim in another amazing painting class to create a masterpiece.

Photography Club

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

***Weight-loss Sampler: Yogurt Bar**

Are all healthy food created equal? Come find out about making smart choices for healthy summer living and enjoy a yummy snack!