



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
				10:30 am to Noon Rock Painting Noon to 4 pm Euchre
4 Noon to 1:30 pm AOA Committee Meeting - Conference Room 11-11:30 am Chocolate Chip Cookie Contest - Details on back 12:30-1 pm Mindful Meditation with Jess - MindBody Studio	5 10:30-11:30 am Garden Meeting 1:30-3:30 pm Bridge 10 am to Noon Watermelon Day	6 9 am to Noon Mahjong 10am-Noon Fruit Bowl Acrylic with Meera 10:30-11:30 am Photography Club - Conference Room 12:30-3:30 pm Sewing Love: Power Pads	7 10-11:30 am Game Spotlight: Sequence 1-4 pm Mahjong	8 1-3 pm Light House Tour in Charlotte - purchase ticket at event Noon to 4 pm Euchre
11 12:30-1:30 pm *Weight Loss Program Sampler - Healthy Plate: Eat Well When Eating Out! Community Room	12 10-11 am *Wellness Course with Christine & Sam 10-11:30 am Hike: Durand Park Blue Trail, See Hiking Schedule 1:30-3:30pm Bridge	13 9 am to Noon Mahjong 9:30 am to Noon *Paint with Mary- lets explore using color more creatively 1-4 pm Mahjong	14 11 am to Noon Creamsicles & Cornhole - Patio 1-4 pm Mahjong	15 9:30 am-12:30pm Watercolor Group- Conference Room Noon to 4 pm Euchre
18 12:30-1:30 pm Mindfulness for Clarity, Connection and Calm - MindBody Studio 1:30-2:30 pm *Wellness Course with Christine & Sam	19 10 am to 2 pm Sewing Love: Dresses and Dolls 1:30-3:30 pm Bridge	20 9 am to Noon Mahjong 10-11:30 am *Painting Acrylics with Jim	21 11 am-12:30 pm *Craft: Cement Stepping Stone 1-4 pm Mahjong	22 10 am-2 pm *Salute to Seniors - Charlotte Beach 12:30-1:30 pm Presentation: International Yoga with Tess
25 11:30 am-12:30 pm August Birthday Celebration 12:30-1:30 pm Fall Prevention Workshop with Sam R. MindBody Studio	26 10-11 am UR: Wilmot Breast Cancer Talk - Conference Room 11 am-2 pm *Field Trip! Seabreeze 1:30-3:30 pm Bridge	27 9 am to Noon & 1-4 pm Mahjong 10:30-11:30 am Photography Club - Conference Room 10:30 am to Noon *Craft: Beaded Stakes with Terie	28 11 am to Noon Book Club: The Paris Apartment by Lucy Foley - Conference Room 1-4 pm Mahjong	29 1-2:30 pm Hike: Shadow Pines Park - See Hiking Schedule Noon to 4 pm Euchre

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 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 Adult community.

Birthday Celebration

Celebrate all August birthdays with a special gathering filled with fun, laughter, and a slice of cake!

Book Club

Dive into the world of *The Paris Apartment* by Lucy Foley with our monthly book club. Be a part of the conversation as you explore themes and enjoy a lively discussion in the Conference Room.

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.

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!

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.

***Weight-loss Sampler**

Are all healthy foods created equal? Come find out about making smart choices for healthy summer living!

***Lighthouse Tour**

Register at front desk to join us in a tour of the Charlotte Light house. Located at 70 Lighthouse St, Rochester NY 14612. Admission fees: adults 18 years old and up pay \$5. Purchase tickets at the light house gift shop. TOUR RULES FOR CLIMBING THE TOWER: Persons must wear proper shoes. Unsafe shoes, such as flip-flops, cannot climb the tower. Persons with physical infirmities, health issues, or fear of heights are encouraged not to climb the tower.

***Beaded Stakes with Terie**

Make these one of kind wire and bead stakes for your plants.

***Painting with Mary**

Mary is going to back to the basics colors using acrylics, allowing to be free with your creativity. Register at front desk.

***Wellness Course with Christine and Sam**

"I've finished and what's next?" Learn about what programs here at Eastside are available to you following your physical therapy. These programs will help you bridge the gap between physical therapy and your personal fitness goals.

Chocolate Chip Contest

Register with Theresa to compete in the 3rd Annual Chocolate Chip Contest. Judging will begin at 11:30 am.

***Painting with Jim**

Join Jim in painting with Acrylics on canvas subject to be determined. Register at the front desk.

Field Trip - Seabreeze

Seabreeze offers free Senior day on Tuesdays. Let's make it a group day! Meet at 11am in parking lot for a fun day of games, food and rides. 4600 Culver Rd, Rochester NY 14622.

Game Spotlight: Sequence

This game combines board and cards to create a sequence of chips to win.

Creamsicles and Cornhole

Come in and celebrate National Creamsicle day with that perfect blend of citrus and cream on a hot day. join us for a frozen treat that's like sunshine on a stick and play a game or two of corn hole on the patio.

Watermelon day

Stop in and find out some of the different and delicious ways to eat a watermelon.

***Salute to Seniors**

Come and join us at Charlotte Beach for a live band performance, entertainment, and numerous community partners and vendors with information to share. Register at front desk for this free event. Meet at park and look for the YMCA set up.

Rock Painting

Stop in paint a rock for your garden or a friend. We have plenty of ideas to choose from or bring your own. We will supply the paint and rock of your choice.