



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | SEPTEMBER 2025

MONDAY

1

**Happy Labor Day!
Branch Closed**

8

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

12:45-1:15 pm
Guided Meditation with
Jess - Mind Body Studio

2-3:30 pm
Candy Bar Bingo

15

11 am-12:30 pm
International Dot
Day! Make mandela's
using dots

22

11 am to Noon
Pictionary

1-3 pm
Art Studio meet in
the Village Room

29

11:30 am-12:30 pm
September Birthday
Celebration

Noon to 1 pm
New Member Social

TUESDAY

2

10-11 am
Toaster Tuesday

10:30-11:30 am
Garden Club

1:30-3:30 pm
Bridge

9

10-11 am
Toaster Tuesday

10-11:30 am
Hike: Tinker Nature Park
- See Hiking Schedule for
details

1:30-3:30 pm
Bridge

16

10-11 am
Toaster Tuesday -
Featuring Cinnamon
Raisin Toast

10 am to Noon
Sewing Love: Dresses &
Dolls

1:30-3:30 pm
Bridge

23

10-11 am
Toaster Tuesday -
Featuring Cinnamon
Raisin Toast

10-11:30 am
*Painting with Heather:
Felt - Register at the
Front Desk

1:30-3:30 pm
Bridge

30

10-11 am
Toaster Tuesday

1:30-3:30 pm
Bridge

WEDNESDAY

3

9 am to Noon
Mahjong
10:30 am-12:30 pm
Photography Club -
Conference Room
12:30-3:30 pm
Sewing Love: Power
Pads
1-4 pm
Mahjong

10

9 am to Noon
Mahjong

10:30 am-12:30 pm
Photography Club -
Conference Room

1-4 pm
Mahjong

17

9 am to Noon
Mahjong

10:30 am-12:30 pm
Photography Club -
Conference Room

1-4 pm
Mahjong

24

9 am to Noon
Mahjong

10:30 am-12:30 pm
Photography Club -
Conference Room

1-4 pm
Mahjong

THURSDAY

4

11 am to Noon
Food Demo:
Celebrate the fall
harvest

1-4 pm
Mahjong

11

10:30-11:30 am
Parkinson's Workshop
with Personal Trainer
Mark

11:30 am-12:30 pm
National School Picture
Day - bring a school
picture to share!

1-4 pm
Mahjong

18

10:30 am to Noon
*Painting with Jim
- Register at the
Front Desk

1-4 pm
Mahjong

25

11 am to Noon
Book Club: Stars in an
Italian Sky by Jill Santopolo
- Conference Room

11:15 am-12:15 pm
Wellness Workshop: Pelvic
Floor Health with Emily

1-4 pm
Mahjong

FRIDAY

5

Noon to 4 pm
Euchre

Collecting for the
Penfield
Ecumenical Food
Cupboard

12

10:30-11:30 am
Presentation:
Birding around the
world with the Joyful
Birder

Noon to 4 pm
Euchre

19

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

Noon to 4 pm
Euchre

26

10:30 am to Noon
*National Pancake Day! AOA
Breakfast - Register in the
blue book to bring
something to pass

1-2:30 pm
Hike: Maplewood Park - See
Hiking Schedule for details

Noon to 4 pm
Euchre

Please email theresa.schliff@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

Art Studio

New program starting this fall. Calling artists of all levels to come and join our group. This group will be a place to celebrate and share creativity using different mediums. September will be the first meet and greet to talk about what group would like to explore. We will be meeting in the Village Room.

AOA Committee Meeting

Be a part of shaping the future of AOA Programming at this monthly meeting. All are welcome to attend and with a myriad of holidays coming our way, become a part of the beginning of some wonderful holiday events for Halloween, Thanksgiving, the winter holiday celebrations, and more!

New Member Social

This is a great opportunity to stop in and meet others in our Active Older Adult community as well as Eastside Wellness staff members. We will help you navigate your membership benefits and discuss opportunities.

Wellness Workshop: Pelvic Floor Health with Emily

Emily Cariglio PT will be sharing information how to maintain pelvic floor health with therapy.

Birthday Celebration

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

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. Please bring a candy bar to contribute to the pot.

National School Picture Day

Bring in your school picture to share with the "class"!

Parkinson's Workshop with Personal Trainer Mark

Mark is bringing a new Parkinson's exercise class to Eastside! He will be demonstrating some of the exercises and providing an in depth presentation about these classes in his workshop.

***Painting with Jim**

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

***Painting with felt with Heather**

Heather will teach you step by step using various colored felt to create a beautiful landscape. Meet in the community room and register at the Front Desk.

Garden Club

Do you enjoy gardening or enjoy sharing your knowledge on different plants? Come join the Garden Meeting to help us expand and create our bountiful garden and events surrounding it!

Book Club

Dive into the world of Stars in an Italian Sky by Jill Santopolo with our monthly book club. Be a part of the conversation as you explore themes and enjoy a lively discussion in the Conference Room.

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 in the Conference Room.

Toaster Tuesdays

Stop by the community room for delicious combinations of toppings and breads during our Toaster Tuesdays! Every week will be something new to try!