



# ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | OCTOBER 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

**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

2

**10-11:30 am**  
\*Fun with Interpersonal  
Skills - Conference Room  
& Register at Front Desk  
**11 am to Noon**  
Food Demo: Celebrate  
the Apple - sweet and  
savory  
**1-4 pm**  
Mahjong

3

**11 am to Noon**  
Euchre - how to  
play

**Noon to 4 pm**  
Euchre

6

**Noon to 1:30 pm**  
AOA Committee  
Meeting - Hutch  
Conference Room  
**12:45-1:15 pm**  
Mindful Meditation  
with Jedd - Mind Body  
Studio

7

**10-11 am**  
Garden Club Meeting -  
Conference Room

**11 am to Noon**  
Stop in to make  
Chocolate Covered  
Pretzels

**1:30-3:30 pm**  
Bridge

8

**9-11 am**  
Vaccine Clinic -  
Conference Room

**9:30 am-12:30 pm**  
International Day of Girl  
- Sewing Love Expo

**1-4 pm**  
Mahjong

9

**10-11:30 am**  
\*Fun with Interpersonal  
Skills - Conference Room  
& Register at Front Desk

**10:30 am to Noon**  
Pop up Painting with  
pastels

**1-4 pm**  
Mahjong

10

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

**11 am to Noon**  
• Handbag Exchange  
• Euchre - how to play

**Noon to 4 pm**  
Euchre

13

**10-11:30 am**  
Food Demo: Make Sour  
Dough Bread

**12:30-2 pm**  
Presentation on  
Medicare changes for  
2026 - Angela from Sage  
Rutty Co - Community  
Room

14

**10-11 am**  
Toaster Tuesday -  
Featuring Sour Dough  
Bread

**10-11:30 am**  
Hike: Channing Philbrick  
in Penfield - See hiking  
schedule for more details

**1:30-3:30 pm**  
Bridge

15

**9 am to Noon**  
Mahjong

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

**1-4 pm**  
Mahjong

16

**10-11:30 am**  
\*Fun with  
Interpersonal Skills -  
Conference Room &  
Register at Front Desk

**1-4 pm**  
Mahjong

17

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

**11:30 am-12:30 pm**  
Wellness Workshop: Pelvic  
Floor Health with Emily -  
Conference Room

**11 am to Noon**  
Euchre - how to play

**Noon to 4 pm**  
Euchre

20

**10 am to Noon**  
Halloween Prep for  
Family Fun night  
Halloween Carnival

**1-3 pm**  
Art Studio - meet in  
Community Room

21

**10 am-2 pm**  
Sewing Love:  
Dresses & Dolls -  
lunch provided

**1:30-3:30 pm**  
Bridge

22

**9 am to Noon**  
Mahjong

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

23

**10-11:30 am**  
\*Fun with Interpersonal  
Skills - Conference Room &  
Register at Front Desk

**11 am to Noon**  
Book Club: Ellie and the  
Harp Maker by Hazel Prior -  
Community Room

**1-4 pm**  
Mahjong

24

**10:30 am-2 pm**  
\*Hike and Lunch:  
Ganondagan State Historic  
Site - Register online or at  
Front Desk for a self-guided  
tour for \$4

**11 am to Noon**  
Euchre - how to play

**Noon to 4 pm**  
Euchre

27

**11:30 am-12:30 pm**  
October Birthday  
Celebration

**Noon to 1 pm**  
New Member Social

28

**10-11 am**  
Presentation on  
International Yoga with  
Tess - Conference Room  
**10-11 am**  
Toaster Tuesday - Featuring  
Rye Bread

**11 am-12:30 pm**  
\*Fabric Pumpkins with  
Heather - Village Room &  
Register online or at Front  
Desk  
**1:30-3:30 pm**  
Bridge

29

**9 am to Noon**  
Mahjong

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

**1-4 pm**  
Mahjong

30

**10:30 am to Noon**  
\*Acrylic Painting  
with Jim - Register  
online or Front Desk

**1-4 pm**  
Mahjong

31

**11 am-1 pm**  
\*AOA Halloween Party -  
Register in blue book to  
bring something to share

**11 am to Noon**  
Euchre - how to play

**Noon to 4 pm**  
Euchre - Village Room

Please email [theresa.schliff@RochesterYMCA.org](mailto: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 to explore different aspects of art. No registration required. All levels of skill welcomed.

### **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.

### **Presentation on Medicare changes for 2026 by Angela from Sage Ruttly**

She will give a comprehensive update on the more popular policies and be available for questions after. Food and drink will be offered.

### **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 October 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.

### **\*Fun with Interpersonal Skills**

You are invited to participate in a very interactive, rewarding, positive and fun experience. You will be given the opportunity to learn new skills, to practice them, and to apply them in ways that are relevant to you. All classes will be held in the Hutch Conference Room. Registration closes September 30.

### **Halloween Prep**

Family Fun night has been a tradition of families and AOA members collaborating to make a safe and fun place for the kids to come in dressed up and have an exciting experience. We will need volunteers for prep and evening of the event if, interested please contact Theresa Schliff. This year will be Carnival themed games, pumpkin carving, crafts, campfire and ghost stories.

### **Halloween party**

Costume is optional but so much fun! Register in blue book in community room magazine rack. Bring a dish to share.

### **\*Hiking Group**

Last month of the planned hiking for 2025. Channing Philbrick in Penfield and the end of the season trip to Ganondagan State Historic Site registration for this event is required. If you are interested in Winter Hiking please contact Theresa Schliff.

### **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.

### **Pop up Painting**

Come in and join Jim and he teach you a simple fun design using pastels. No registration required.

### **Trivia**

This is a quick, fun game of questions and answers! The one at the end of the time answering the most questions wins a prize! International Day of Girl: Sewing Love Expo. The sewing ladies will have tables set up for demonstration on how they make their products dresses, dolls, sanitary pads. They will show where they go and why there is a need.

### **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**

Meet with our monthly book club and 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 other week will be something new to try!