



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | NOVEMBER 2025

MONDAY

3

10-11:30 am
Travel Log with Barb-
Lausanne Switzerland

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

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

10

10 am to Noon
*Craft: Bracelets and Earrings
- Registration required

12:30-2 pm
Stronger Together Cancer
Support Group -
Conference Room

1-2:30 pm
Candy Bar Bingo -
Village Room

17

10:30 am to Noon
Pop up painting

12:30-2:30 pm
Art Studio -
meet in the
Community Room

24

10:30-11:30 am
Travel Log with Kock
Yee to East Africa:
people, safari and hot
air balloon

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

TUESDAY

4

10:30-11:30 am
Presentation:
Kathe from Solo
Beauty

1:30-3:30 pm
Bridge

11

10-11 am
Toaster Tuesday -
Featuring Pumpernickle

11 am-12:30 pm
Presentation: Wellness
360 - Stress reduction

1:30-3:30 pm
Bridge

18

11:30 am-12:30 pm
Food Demo with
Heather: Pumpkin
Protein Balls

1:30-3:30 pm
Bridge

25

10-11 am
Toaster Tuesday -
Featuring Italian
Bread

1:30-3:30 pm
Bridge

WEDNESDAY

5

9 am to Noon
1-4 pm
Mahjong

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

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

12

9 am to Noon
Mahjong

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

1-4 pm
Mahjong

19

9 am to Noon
Mahjong

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

1-4 pm
Mahjong

26

9 am to Noon
Mahjong

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

1-4 pm
Mahjong

THURSDAY

6

11:30 am-12:30 pm
Food Demo with
Karen: Butternut
Squash

1-4 pm
Mahjong

13

11 am-12:30 pm
*Craft: Felted Soap -
Bring your own soap
Registration required

1-4 pm
Mahjong

20

11:30 am-1:30 pm
*Friendsgiving -
Register in blue
book and to bring
something to share!

1-4 pm
Mahjong

27

**HAPPY
THANKSGIVING!**

Branch hours
8 am to Noon

FRIDAY

7

9:30-11:30 am
*Art with Mary: Reverse
Painting on Glass -
Registration required

11 am to Noon
Euchre - How to play

Noon to 4 pm
Euchre

14

10:30-11:30 am
Presentation Color
Penfield Green

11 am to Noon
Euchre - How to play -
Village Room

Noon to 4 pm
Euchre

21

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

11 am to Noon
Khari Presents: Create your
own Story

Noon to 4 pm
Euchre

12:30-1:30 pm
Osteo Yoga Workshop with
Kim - Mind & Body Studio

28

Room reserved
for Y event

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

This group has been created to explore different aspects of art. Artists are encouraged to bring and work projects. No registration required. There will be a small project available at each session. All levels of skill welcomed.

Art with Mary

This month, Mary is bringing a new approach to painting. This class will be a reverse acrylic painting on acrylic "glass." Fun winter holiday themes.

AOA Committee Meeting

Be 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!

Birthday Celebration

Celebrate all November 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.

Travel Log

Experience the beauty of East Africa through the art of photography with Kock Yee and Switzerland with Barb.

Solo Beauty

Small business owner Kathe will be sharing her experiences and unique products that she has designed to help with application of soaps and lotions.

Fabric Acorns

Stop in and create one or more acorns using various fabrics, papers and ribbons. These are adorable for your fall decor. No registration required.

***Bracelets and Earrings with Terie**

Terie will help you design a one-of-a kind bracelet and pair of earrings using wire and beads. Registration required.

Stronger Together- Cancer Support Group

This group has been created for those who are going or have gone through cancer. This group will come together to share experiences, find emotional support, and build resilience. Meet in the Conference Room.

***Felted Soap**

If you enjoyed painting with felt, this is a new twist. Heather will show you how to apply the felt to the soap and create adorable images. These make wonderful gifts. Due to allergies, we are asking for you to bring your own soap. Registration Required.

***Friendsgiving**

Celebration of food, friends and fun! Register in the blue book in the Community Room to bring something to share.

Osteo Yoga Workshop

This yoga class is designed for people that have been diagnosed with osteoporosis or osteopenia. Working strength and balance in the Mind and Body Studio.

Khari Demos Presents: Create your own Story

Khari is going to share his story his role here at the YMCA as well as being a free-lance writer for Sports Illustrated and High School Assistance Coach.

Presentation: Color Penfield Green

Lou Anne will be sharing about how the Penfield residents are doing to make Penfield a better place and a little greener.

Pop up Painting

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

Photography Club

For the first two sessions are November 5 and 12. We will be learning 'how to create a digital and printable photo greeting/Christmas card'. You may want to change the running title and add some details on the back of the printout: You need to bring your iPad/tablet or cellphone and be willing to open an account with Canva.

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!