

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Noon to 1 pm Together in Caring with Kara Stadt Presents: Accepting Limitations without Giving up on an Active Lifestyle - Kushner Room	4 Noon to 5 pm Red Cross Blood Drive - Kushner Room Noon Mahjong & Mexican Train Dominoes - Conference Room	5 Noon to 1 pm Euchre/Cards - Conference Room 2-3 pm **Art/Craft with Mikayla:Leaf Stamped Tea Towels - Miller Art Studio	6 12:15-1:15 pm Episcopal Senior Life with Brian Potvin Presents: Recognizing & Responding to Early Signs of Dementia - Kushner Room 12:15-1:30 pm RIT/OSHER ZOOM Lecture: Curtis Long, President of RPO, Innovation & Expansion at the RPO - Conference Room 2-4 pm Bridge - Kushner Room	7 Noon to 2 pm Hand & Foot Cards - Kushner Room 1:30-2:30pm **(NEW) Creative Writing with Rose - Conference Room
10 Noon to 1 pm MVPT Presents: Foot/Ankle Pain/Plantar Fasciitis with Dr. Gabrielle Grichen, PT, DPT - Kushner Room	11 9-11 am Veteran’s Day Breakfast - Lobby Noon Mahjong & Mexican Train Dominoes -Kushner Room 1-2 pm **Fall Harvest Still Watercolors with Mikayla - Miller Art Studio 2-3 pm (New) Open Watercolors with Mikayla - Miller Art Studio	12 Noon Euchre/Cards - Kushner Room 1-2 pm **Fall Harvest Still Watercolors with Mikayla - Miller Art Studio 2-3pm (New) Open Watercolors with Mikayla - Miller Art Studio	13 Noon to 1:30 pm **Game On: Cognitive & Creative Games for AOA’s - Metro e Sports Lab 12:15-1:30 pm RIT/OSHER Zoom Lecture: Jim Memmott, Retired Editor & Reporter of Democrat & Chronicle, Celebrating 15 years of Local Legends - Conference Room 2-4 pm Bridge - Kushner Room	14 Noon to 12:45 pm ROC Dog Therapy Dogs - Kushner Room/ West Entrance
17 Noon to 1 pm Book Club: Don’t Let Him In by Lisa Jewell - Conference Room	18 Noon Mahjong & Mexican Train Dominoes - Kushner Room 12:30-1:15 pm (NEW) Chair Tap Dance with Maria - Family Gym	19 10-11 am Crossroads Chiropractic Presents: Sciatica - Kushner Room Noon to 12:30 pm In the Kitchen with Chef Koren: Dalgona Coffee - Kushner Room Noon Euchre/Cards - Kushner Room 2-3 pm **Art/Craft with Mikayla: Leaf Stamped Tea Towels - Miller Art Studio	20 12:15-1:30 pm RIT/OSHER ZOOM Lecture: William Moehle, Brighton Town Supervisor, Challenges, Progress and Civic Transformation in Brighton - Conference Room 2-4 pm Bridge - Kushner Room	21 Noon to 1 pm **AOA Friendsgiving Potluck (sign up sheet at Member Service Desk). Bring a dish to pass - Kushner Room 1-2 pm Hand & Foot Cards - Kushner Room
24 Noon to 1 pm Arjay Romanoswki-UofR Liaison Librarian Presents: What is Generative Artificial Intelligence? - Kushner Room 1-2 pm Knitting/Crochet Club - Conference Room	25 Noon Mahjong & Mexican Train Dominoes - Kushner Room	26 Noon Euchre/Cards - Kushner Room	27 HAPPY THANKSGIVING! Branch Hours: 8 am to Noon	28 10-11 am AOA Coffee Hour - Kushner Room





EVENT DESCRIPTIONS

NOTE: NEW: All programs with an (**) require online registration at www.rochesterymca.org

Accepting Limitations without Giving up on an Active Lifestyle

Kara Stadt, Community Engagement Specialist at Together in Caring will speak about how life can bring change, and that change is not always welcome. Chronic conditions can change our bodies over time, accidents can cause injuries that change our mobility, and medical events or other life circumstances can create limitations. When an active adult encounters these obstacles, it is important to accept the change and adapt activities rather than give them up. Join us for an interactive discussion about a positive approach to changes as we age.

MVPT Physical Therapy

Dr. Gabrielle Pighetti, PT, DPT will be here to discuss foot pain, plantar fasciitis, treatments and therapy.

Episcopal Senior Life

Program Director, Brian Potvin, will be here to discuss the signs and symptoms of early dementia

**** (NEW) Creative Writing with Rose**

No experience required. Join Arts & Humanities Instructor, Rose to explore writing techniques, poetry, short story writing and memoirs.

Crossroads Chiropractic Presents: Sciatica

Join Toi Sweeney to learn about sciatica, treatments and relief.

(NEW) Chair Tap Dancing with Maria

Join Westside Family AOA Coordinator, Maria Tette for this fun, new class. No tap shoes are required, but are a lot of fun. Sneakers are appropriate.

****Game On! Cognitive & Creative Games for AOA's**

This program features simulation & problem solving games that encourage creativity and exploration.

In the Kitchen with Chef Koren

This month let's try something new-Dalgona Coffee.

Book Club

This month's discussion, Don't Let Him In by Lisa Jewell.

What is Generative AI?

Join UR Librarian Arjay Romanowski to have a conversation about Generative AI. We will discuss the history of GenAI, how it works, the major GenAI tools, and how to use them responsibly.

****Thanksgiving Friendsgiving**

Join us for our annual Thanksgiving Friend Gathering. Please bring a dish to pass. The Y will provide poultry, apple pie & pumpkin pie. Registration required.

Knitting/Crochet Club

Bring your projects, patterns, share ideas and skills. This is not an instructor led class. Participants share knowledge and socialize.

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends.

****Art/Craft Projects with Mikayla**

Join Art Instructor, Mikayla, in the Miller Art Studio for a craft project. Space limited. Registration Required at the Member Services for attendance. Two classes per month with same project taught in both sessions.

****Watercolors with Mikayla**

Join Art instructor, Mikayla, in the Miller Art Studio to learn to paint. Four classes per month with same project taught twice in a week. Registration Required at the Member Service Desk.

Open Watercolors

Practice your painting skills. This is not an instructor led class. No sign up required.

Mahjong, Mexican Train Dominoes, Euchre, Bridge, Hand and Foot

All games are open play. Odd number of players rotate in. The YMCA has game sets and cards.

RIT/OSHER Lifelong Learning Institute Weekly Lecture Series:

Join us in the Conference Room for weekly Thursday ZOOM educational lecture series with RIT/OSHER. OSHER is a member led organization that offers a wide range of academic and cultural programs to enrich adult learners over age 50.