



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | DECEMBER 2025

MONDAY

1

11 am to Noon
Presentation with Dr T:
Recognizing When It's
More Than Just the Blues

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

TUESDAY

2

Room Closed:
7:30-11:30 am
AOA Swim Group
Breakfast

1:30-3:30 pm
Bridge

WEDNESDAY

3

9 am to Noon
Mahjong

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

1-4 pm
Mahjong

THURSDAY

4

11 am to Noon
Food Demo- Holiday
Appetizers

12:30-2 pm
Happy 100th Birthday
Ann. Come and celebrate
the newest Centenarian

1-4 pm
Mahjong

FRIDAY

5

11 am to Noon
Rock painting:
holiday and winter
designs

Noon to 4 pm
Euchre

11 am-1 pm
Presentation: Sage Ruty Tax
Law change 2025 Seize the
Opportunities

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

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

10-11 am
Toaster Tuesday -
featuring Waffles

10 am-1 pm
Regifting day

10-11:30 am
Holiday Cards for nursing
homes

1:30-3:30 pm
Bridge

9 am to Noon
Mahjong

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

1-4 pm
Mahjong

11 am-1 pm
Ornament Day -
Stop by the
Community Room to
make an ornament or
two

1-4 pm
Mahjong

10:30 am to Noon
***National Gingerbread day:**
Celebrate with Tea party
and decorate a gingerbread
cookie

10:30-11:30 am
Lifespan Presents: Scams -
Conference room

Noon to 4 pm
Euchre

11 am-12:30 pm
***Craft: Holiday**
Scene in a mug

12:30-2:30 pm
Art Studio

10:30 am-
12:30 pm
***Acrylic Painting**
with Jim

1:30-3:30 pm
Bridge

9 am to Noon
Mahjong

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

1-4 pm
Mahjong

11:30 am -1:30 pm
***Holiday Party -**
Family Gym
\$18 per person

1-4 pm
Mahjong

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

Noon to 4 pm
Euchre

10:30 am to Noon
Pop up painting -
Holiday tree

12:30-1:30 pm
Make a chocolate
pinecone. Fun and
easy dessert!

10-11 am
Toaster Tuesday -
Featuring English
Muffin

1:30-3:30 pm
Bridge

Christmas Eve
Branch Hours
5 am-2 pm

9 am to Noon
Mahjong

MERRY
CHRISTMAS!
Branch Closed

Noon to 4 pm
Euchre

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

11 am to Noon
Join us and play
Chicken Foot -
Domino based
game.

1:30-3:30 pm
Bridge

New Years Eve
Branch Hours
5 am-2 pm

9 am to Noon
Mahjong

1-2 pm
Mahjong

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

Arts and Creative Workshops:

Rock Painting

Holiday and Winter theme designs. Many ideas to choose from.

Ornament Day

Drop in and make one or more ornaments. Many options to choose from. Make for yourself or a gift.

***Holiday Scene in a Cup**

Various miniatures and cup provided to create a holiday scene.

***Acrylic Painting with Jim**

This months project will be girl with cat.

Pop up Painting

Stop in and create a colorful holiday tree with oil pastels

Art Studio

Ongoing group that meets every third Monday afternoon. Artists of all levels are encouraged to come and join. This group will be a place to celebrate and share creativity using different mediums. We will be meeting in the Community Room. We will have a craft ready to create or bring your own and work among other artists.

Watercolor Group

Ongoing group that meets every third Friday morning. This group is open to all levels. Bring your brushes and paints and paint with others on project picked for that day and bring your work that completed challenges to share with others.

Bite-Sized Learning:

Food Demo: Holiday Appetizers

Karen will demonstrate several delicious appetizers that are easy to prepare for your next holiday gathering.

Chocolate Pinecone desserts

Join us to make these clever treats with brownies, nuts and chocolate.

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!

Community Connections:

AOA Committee Meeting

Be a part of shaping the future of AOA Programming at this monthly meeting. All are welcome to attend and help with planning our various programs and activities.

Birthday Celebration

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

Regifting Day

Bring in any gentle or unused item that could be regifted. Happy shopping and sharing. All items at end of day will be donated.

***National Gingerbread Day**

Celebrate with tea party and decorate gingerbread cookies.

Games and Social Clubs:

Chicken Foot

this is a Dominos based game that is moves quickly and fun matching. The goal of the game is to earn the lowest score by playing as many dominoes from your hand as you can each round.

Bridge, Mahjong, Rummikub and Euchre

Great ways to meet new people and keep your mind stimulated. Players at all levels are welcomed. Interested in playing something not listed, talk with Theresa to coordinate.

Photography Club

This month learn the basics of creating a fun video using your cell phone! Share in the joys of photography and the memories it can capture in the Conference Room.

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.

Special Events and Guest Speakers:

Holiday Party

Join us for a holiday gathering featuring great food, music, a photo booth, and raffle prizes. Want to volunteer, contact Theresa.

Dr. Tenebruso Presents: Bad Day or Bigger Problem?

Join Dr. Tenebruso in Recognizing when its more than just the blues. Kristine "Dr. T" Tenebruso, a board-certified physician with over 30 years of experience, transitioned from traditional medicine to establish Connect Care MD.

Zach Armstrong from Sage Rutty presentation

Presentation on 2025 tax laws introduced new rules that could significantly impact your finances in retirement.