



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Noon to 1:30 pm AOA Committee Meeting - Conference Room</div>	<div>3</div> <div>10-11 am Toaster Tuesday</div> <div>10:30 am to Noon Crochet Group</div> <div>12:30-1:30 pm Food Demo:</div> <div>1:30-3:30 pm Bridge</div>	<div>4</div> <div>9 am to Noon Mahjong</div> <div>12:30-3:30 pm Sewing Love: Power Pads - Lunch provided</div> <div>1-4 pm Mahjong - Village Room</div>	<div>5</div> <div>10:30-11:30 am Drawing Studies with Jim</div> <div>1-4 pm Mahjong</div>	<div>6</div> <div>11 am to Noon Beginner Euchre</div> <div>Noon to 4 pm Euchre</div>
<div>9</div> <div>10:30 am to Noon Game Day: Yahtzee</div> <div>12:30-2 pm Stronger Together: Cancer Support Group - Conference Room</div> <div>1-2:30 pm Candy Bar Bingo - Village Room</div>	<div>10</div> <div>10-11 am Toaster Tuesday</div> <div>11:30 am-1 pm Craft: Burlap Spring Bunny Door Hanger</div> <div>1:30-3:30 pm Bridge</div>	<div>11</div> <div>9 am to Noon Mahjong</div> <div>11 am to Noon Bracelet Making with Terie</div> <div>1-4 pm Mahjong - Village Room</div>	<div>12</div> <div>10-11:30 am Sewing Class with Louise: Pot Holders</div> <div>12:30-1:30 pm Alzheimer's Association Presents: The 10 Warning Signs of Alzheimer's - Conference Room</div> <div>1-4 pm Mahjong</div>	<div>13</div> <div>10-11 am Presentation: Selling Your Home, Your Next Chapter</div> <div>11 am to Noon Beginner Euchre</div> <div>Noon to 4 pm Euchre</div>
<div>16</div> <div>10:30 am-12:30 pm Acrylic Painting with Jim</div> <div>12:30-2:30 pm Open Art (with an intro to felted art) - Art Studio</div>	<div>17</div> <div>11 am-1 pm St. Patrick's Day Celebration: Reuben & Chips- \$8</div> <div>1:30-3:30 pm Bridge</div>	<div>18</div> <div>9 am to Noon Mahjong</div> <div>1-4 pm Mahjong</div>	<div>19</div> <div>10:30-11:30 am Drawing Studies with Jim - Conference Room</div> <div>11 am to Noon UR Medicine Orthopedics Presents: Bone Health</div> <div>1-4 pm Mahjong</div>	<div>20</div> <div>9:30 am-12:30 pm Watercolor Group - Village Room</div> <div>10:30-11:30 am Presentation: The Benefits of Laser Therapy for Healing</div> <div>11 am to Noon Beginner Euchre</div> <div>Noon to 4 pm Euchre</div>
<div>23</div> <div>Noon to 12:30 pm March Birthday Celebration</div> <div>12:30-1 pm Wellness Tips with Christine</div>	<div>24</div> <div>10 am-2 pm Sewing Love: Dresses and Dolls - Lunch provided</div> <div>1:30-3:30 pm Bridge</div>	<div>25</div> <div>9 am to Noon Mahjong</div> <div>1-4 pm Mahjong</div>	<div>26</div> <div>10-11 am Pop up Art: Neurgraphic Art</div> <div>11 am to Noon Embroidery Group</div> <div>11 am to Noon Book Club: Heartwood by Amity Gaige - Conference Room</div> <div>1-4 pm Mahjong</div>	<div>27</div> <div>9:30-11:30 am Art with Mary: Metal Art</div> <div>11 am to Noon Beginner Euchre</div> <div>12:30-2 pm Lunch Bunch: Penfield Pub</div> <div>Noon to 4 pm Euchre</div>
<div>30</div> <div>12:30-1:30 pm AOA Garden Meeting - Conference Room</div>	<div>31</div> <div>10-11 am Toaster Tuesday</div> <div>11 am to 12:30 pm Doll Making with Terie</div> <div>11 am-12:30 pm Tiny Art: Felting - Conference Room</div>			<div>Please Note: All programs in Blue require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.</div>

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:





ACTIVE OLDER ADULT DESCRIPTIONS

EASTSIDE FAMILY YMCA | MARCH 2026

Programs in **Blue** require online registration at RochesterYMCA.org; registration opens at 10 am on the third Monday of the prior month.

Arts and Creative Workshops:

NOTE: Registration is limited for art workshops. If you can't attend, please contact Theresa so a waitlist participant can join. Spots may be released to the waitlist if you arrive more than 10 minutes after the start time.

Art Studio

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

Craft: Bunny Door Hanger

Create an adorable springtime bunny door hanging using burlap and ribbons.

Tiny Art: Felting

This unique program is designed to think small (nothing larger than 3x3). Each month will have a different medium with the end goal to have a Tiny Art Exhibit. March is felted art.

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 to share with others.

Art with Mary

Register for a creative session with Mary. March is metal art, learn the art of embossing aluminum and using different dyes to add a touch of color.

Sewing Class with Louise

Louise will be teaching a monthly series on the basics of sewing over the next three months. It is recommended you bring your own machine. March is learning to make a potholder.

Bite-Sized Learning:

Toaster Tuesdays

Stop by the Community Room for delicious combinations of toppings and breads during our Toaster Tuesdays! Twice a month 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 March birthdays with a special gathering filled with fun, laughter and a slice of cake!

St. Patrick's Day Celebration

We will be listening to Irish music and great food. Register to purchase a Reuben Sandwich and chips for \$8. A sign up for desserts to bring will be in the Blue Book in the magazine rack.

Lunch Bunch

Meet up at a restaurant each month, to enjoy conversation and good food. This month will be at The Penfield Pub (2055 Fairport Nine Mile Point Road, Penfield, NY 14526).

Wellness Tips

Join Christine Powers, Personal Trainer Coordinator, we will be talking about Small Group Training programming and its benefits.

Garden Planning Meeting

Stop in and see how you can help design and propagate our flower and vegetable gardens.

Games and Social Clubs:

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, chat with Theresa to coordinate.

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:

Presentation from Burd Physical Therapy

This presentation will review the benefits of Red-Light Laser Therapy. It is a non-invasive treatment, and we will discuss the ways in which red light laser helps to reduce pain and inflammation, promote healing and support recovery in different musculoskeletal conditions.

UR Medicine Orthopedics: Bone Health

Dr. Paul Rubery, the Chair of Orthopedic Dept will be speaking on Osteoporosis diagnosis, prevention and treatment.

Alzheimer's Association Presentation

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Presentation: The Benefits of Laser Therapy for Healing

Join Rebecca Schoening to discuss next steps needed to sell your home. Explain what the market is like and share recommendations and strategies.