



# ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2  
Noon to 1:30 pm  
AOA Committee  
Meeting -  
Conference Room

3  
10-11 am  
Toaster Tuesday  
10:30 am to Noon  
Crochet Group  
12:30-1:30 pm  
Food Demo:  
1:30-3:30 pm  
Bridge

4  
9 am to Noon  
Mahjong  
12:30-3:30 pm  
Sewing Love: Power  
Pads - Lunch provided  
1-4 pm  
Mahjong -  
Village Room

5  
10:30-11:30 am  
Drawing Studies  
with Jim  
1-4 pm  
Mahjong

6  
11 am to Noon  
Beginner Euchre  
Noon to 4 pm  
Euchre

9  
10:30 am to Noon  
Game Day: Yahtzee  
12:30-2 pm  
Stronger Together:  
Cancer Support Group -  
Conference Room  
1-2:30 pm  
Candy Bar Bingo -  
Village Room

10  
10-11 am  
Toaster Tuesday  
11:30 am-1 pm  
Craft: Burlap Spring  
Bunny Door Hanger  
1:30-3:30 pm  
Bridge

11  
9 am to Noon  
Mahjong  
11 am to Noon  
Bracelet Making with  
Terie  
1-4 pm  
Mahjong -  
Village Room

12  
10-11:30 am  
Sewing Class with Louise:  
Pot Holders  
12:30-1:30 pm  
Alzheimer's Association  
Presents: The 10 Warning  
Signs of Alzheimer's -  
Conference Room  
1-4 pm  
Mahjong

13  
10-11 am  
Presentation: Selling  
Your Home, Your Next  
Chapter  
11 am to Noon  
Beginner Euchre  
Noon to 4 pm  
Euchre

16  
10:30 am-12:30 pm  
Acrylic Painting with  
Jim  
12:30-2:30 pm  
Open Art (with an  
intro to felted art) -  
Art Studio

17  
11 am-1 pm  
St. Patrick's Day  
Celebration:  
Reuben & Chips- \$8  
1:30-3:30 pm  
Bridge

18  
9 am to Noon  
Mahjong  
1-4 pm  
Mahjong

19  
10:30-11:30 am  
Drawing Studies with  
Jim - Conference Room  
11 am to Noon  
UR Medicine  
Orthopedics Presents:  
Bone Health  
1-4 pm  
Mahjong

20  
9:30 am-12:30 pm  
Watercolor Group -  
Village Room  
10:30-11:30 am  
Presentation: The Benefits  
of Laser Therapy for Healing  
11 am to Noon  
Beginner Euchre  
Noon to 4 pm  
Euchre

23  
Noon to 12:30 pm  
March Birthday  
Celebration  
12:30-1 pm  
Wellness Tips with  
Christine

24  
10 am-2 pm  
Sewing Love:  
Dresses and Dolls -  
Lunch provided  
1:30-3:30 pm  
Bridge

25  
9 am to Noon  
Mahjong  
1-4 pm  
Mahjong

26  
10-11 am  
Pop up Art: Neurgraphic Art  
11 am to Noon  
Embroidery Group  
11 am to Noon  
Book Club: Heartwood by  
Amity Gaige -  
Conference Room  
1-4 pm  
Mahjong

27  
9:30-11:30 am  
Art with Mary: Metal Art  
11 am to Noon  
Beginner Euchre  
12:30-2 pm  
Lunch Bunch: Penfield Pub  
Noon to 4 pm  
Euchre

30  
12:30-1:30 pm  
AOA Garden Meeting -  
Conference Room

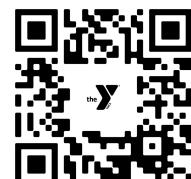
31  
10-11 am  
Toaster Tuesday  
11 am to 12:30 pm  
Doll Making with  
Terie  
11 am-12:30 pm  
Tiny Art: Felting -  
Conference Room

**Please Note:**  
All programs in **Blue**  
require online  
registration at  
[RochesterYMCA.org](http://RochesterYMCA.org).  
Registration opens  
at 10 am on the  
third Monday of the  
prior month.

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:





# ACTIVE OLDER ADULT DESCRIPTIONS

EASTSIDE FAMILY YMCA | MARCH 2026

Programs in **Blue** require online registration at [RochesterYMCA.org](http://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.