



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9 am to Noon Mahjong 12:30-3:30 pm Sewing Love: Power Pads - Lunch provided 1-4 pm Mahjong - Village Room	2 10-11:30 am Sketching and Drawing group 11:45 am-1 pm Edward Jones Presents: 4 Pillars of the New Retirement 1-4 pm Mahjong	3 10-11:30 am Open Art Studio - Village Room 11 am to Noon Beginner Euchre Noon to 4 pm Euchre
6 11:30 am to Noon Tiny Art Discussion Noon to 1:30 pm AOA Committee Meeting - Conference Room	7 10-11 am Toaster Tuesday 10:30 am to Noon Crochet Group Noon to 1 pm Food Demo: Springtime Risotto 1:30-3:30 pm Bridge & Euchre	8 9 am to Noon Mahjong 1-4 pm Mahjong - Village Room	9 10-11:30 am Sewing Class with Louise: Draw string bag 12:45-1:30 pm Beginner Seated Tap Dance with Maria - Mind & Body Studio 1-4 pm Mahjong	10 11 am to Noon Beginner Euchre Noon to 4 pm Euchre 12:30-2 pm Lunch Bunch: Browncroft Family Restaurant
13 10:30 am to Noon Game Day: Scategories 12:30-2 pm Stronger Together: Cancer Support Group - Conference Room 1-2:30 pm Candy Bar Bingo - Village Room	14 10-11 am Toaster Tuesday 10-11:30 am Hiking Group: Sherwood Fields in Penfield 1:30-3:30 pm Bridge & Euchre	15 9 am to Noon Mahjong 11 am to Noon Cooking with Jim: Puttanesca 1-4 pm Mahjong	16 11 am to Noon Embroidery Group 11:30 am-1 pm Craft Room: Repurpose & Paint Vases 1-4 pm Mahjong	17 9:30 am-12:30 pm Watercolor Group - Village Room 11 am to Noon Beginner Euchre Noon to 4 pm Euchre
20 10:30 am- 12:30 pm Acrylic Painting with Jim	21 10 am-2 pm Sewing Love: Dresses and Dolls - Lunch provided 1:30-3:30 pm Bridge & Euchre	22 9 am to Noon Mahjong 1-4 pm Mahjong	23 10-11 am Pop up Art: Intro to Watercolors - Flower Wreath 11 am to Noon Book Club: My Friends by Fredrik Backman - Conference Room 1-4 pm Mahjong	24 11 am to Noon Beginner Euchre 1-2:30 pm Hiking Group: Powder Mill Park - Daffodil Meadow Trail Noon to 4 pm Euchre
27 Noon to 12:30 pm April Birthday Celebration & Updates from Mike - Community Room 12:30-1:30 pm Wellness Tips	28 10-11 am Toaster Tuesday 11 am-12:30 pm Tiny Art: Air Dry Clay Creatures 1:30-3:30 pm Bridge & Euchre	29 9 am to Noon Mahjong 1-4 pm Mahjong	30 10:30-11:30 am Wellness 360 Spine Health 9:30-11:30 am Art with Mary: Springtime Theme - Conference Room 1-4 pm Mahjong	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.

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 | APRIL 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 and Groups:

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 will be moving to the first Friday in the morning in the Village room. We are hoping this day, and time will meet more of our members wants and needs. We encourage all level of artists with the hopes of sharing creativity through various mediums. We will have a craft ready to create or bring your own and work among other artists.

Craft Room:

This month we will be turning those boring clear vases into a work of art using acrylic paint. Vases will be provided; however, you are more than welcome to bring your own to decorate.

Sketching and Drawing group

This is a new group designed to inspire and improve on your drawing skills.

Acrylic Painting with Jim

Jim will provide instruction using canvas and acrylic paints.

Pop Up Art: Flower Wreath

This is a stop in and try something new or just enjoy a quick fun project. This month will be an introduction to watercolor and make a flower wreath.

Tiny Art: Air Dry Creatures

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. This month we will be making air dry clay creatures.

Embroidery Group

This is designed for all levels and we welcome beginners. We do have some supplies available to give it a try. We will be exploring different stitches and designs.

Crochet Group

This group is for all levels to come together and socialize and share ideas. If you are a beginner, we will have items available to use.

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. April is a springtime themed.

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. April is learning to make a draw string bag.

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.

Food Demo: Springtime Risotta

We are always trying to bring something different to the table. This month Karen will be showing you a quick and easy Springtime Risotto.

Cooking with Jim

Learn how to make puttanesca. Puttanesca is a flavor-packed tomato pasta sauce flavored with olives and anchovies. This sauce goes well with any type of spaghetti.

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 April birthdays with a special gathering filled with fun, laughter and a slice of cake! Mike Avery, our Associate Director will be stopping in and outlining branch updates as well as the plans for the upcoming Community Room remodel!

Sewing Love:

This group comes together once a month, lunch is provided by the group. Power Pads is sew bags and hygiene pads. These items are given to various girls in countries that are not able to obtain. Dresses and Dolls is sewing young girl dresses with cute little pockets to hold the darling little dolls.

Seated Tap Dancing with Maria

Grab your sneakers, dress shoes or tap shoes and join us for a fun tap dancing experience. We are seated the entire class. No experience necessary. This class is in the Mind and Body Studio.

Lunch Bunch

Meet up at a restaurant each month, to enjoy conversation and good food. This month will be at Browncroft Family Restaurant (2501 Browncroft Blvd, Rochester 14625).

Wellness Tips

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

Hiking Group

Sherwood Fields Park, 2514 Penfield Rd, Penfield, NY 14526, meet at parking area. Some open meadow, some forest, not paved. Difficulty: Easy
Powder Mills Park, 154 Park Road, Pittsford, NY 14534. Enter the park from Route 96, meet at Daffodil Meadow trail head parking area. Not paved. Difficulty: Easy

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 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:

Wellness 360

Geri will be educating us on Spine health and will include easy-to-follow posture tips, simple exercises you can do at home.

Financial Advisor at Edward Jones Presentation

Robert Nestruck will provide an in-depth look at "The Four Pillars of the New Retirement" (health, family, purpose and finances). Attendees will be empowered to think through their own circumstances, goals and challenges so that they can take action today that impacts their quality of life in retirement.