



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | MAY 2026

MONDAY

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.

4

10-11:30 am
Craft with PreK:
Butterfly Creations

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

8:30-11:30 am 11
Birding with Mary

10:30 am to Noon
Game Day: Sequence

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

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

18

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

11 am to Noon
Coffee Chat with Rob

12:15-12:30 pm
May Birthday Celebrations

12:30-1:30 pm
Wellness Tips

25

Happy Memorial Day!

**Branch Hours:
8 am to Noon**

TUESDAY

11 am-1 pm 5
Cinco de Mayo Celebration:
Taco Tuesday - Sign up in
blue book to bring
something to share.

10:30 am to 12:30pm
Crochet Group -
Conference Room

1:30-3:30 pm
Bridge & Euchre

10-11:30 am 12
Hiking Group:
Mertensia Park in Victor

10-11 am
Toaster Tuesday

11 am to Noon
*Episcopal Senior Life:
Senior Living Options*

12:30-1:30 pm
Drum Fit Demo

1:30-3:30 pm
Bridge & Euchre

19

10 am-2 pm
Sewing Love:
Dresses and Dolls -
Lunch provided

1:30-3:30 pm
Bridge & Euchre

26

10-11 am
Toaster Tuesday

11 am-12:30 pm
Tiny Art: Alcohol Ink

1:30-3:30 pm
Bridge & Euchre

WEDNESDAY

9 am to Noon 6
Mahjong

10:30-11:30 am
Photography Workshop

12:30-3:30 pm
Sewing Love: Power Pads
- Lunch provided

1-4 pm
Mahjong - Village Room

13

9 am to Noon
Mahjong

10:30-11:30 am
Photography
Workshop

1-4 pm
Mahjong

20

9 am to Noon
Mahjong

1-4 pm
Mahjong

27

9 am to Noon
Mahjong

1-4 pm
Mahjong

THURSDAY

10-11:30 am 7
Craft with PreK:
Butterfly Creations

10-11:30 am
Sketching and Drawing Group
- Conference Room

11:30 am-12:30 pm
*MVPT and Senior Helpers:
Gardening getting your body
ready.*

1-4 pm
Mahjong

7

10-11:30 am 14
*Sewing class with Louise:
Mug Rug*

11:30 am-1 pm
Craft Room: Painted Garden
Bricks

12:30-1:30 pm
*Aiz Assoc: Understanding
Alzheimer's and Dementia -
Conference Room*

12:45-1:30 pm
Seated Tap Dance with Maria:
Beginner - Studio Room

1-4 pm
Mahjong

21

Day of Caring!

8-11 am
Springtime Pool
Breakfast - Community
Room Reserved

11 am to Noon
Embroidery Group

1-4 pm
Mahjong

28

10-11 am
Pop up Art:
Crepe Paper Flowers

11 am to Noon
Book Club: The Diamond
Eye by Kate Quinn -
Conference Room

1-4 pm
Mahjong

FRIDAY

10-11:30 am 1
Open Art Studio:
Mixed Media Collage
- The Village Room

11 am to Noon
Beginner Euchre

Noon to 4 pm
Euchre

1

10:30-11:30 am 8
*Presentation from the
Webster Arboretum:
Starting a Butterfly
Garden*

11 am to Noon
Beginner Euchre -
Village Room

Noon to 4 pm
Euchre

8

9:30 am-12:30 pm 15
Watercolor Group -
Village Room

10 am to Noon
Plant Exchange -
Community Room/Patio

11 am to Noon
Beginner Euchre

Noon to 4 pm
Euchre

15

10-11 am 22
Brain Boosting Activity

11 am to Noon
Beginner Euchre

12:30-2 pm
*Lunch Bunch: Jeremiah's
Tavern in Penfield*

Noon to 4 pm
Euchre

22

11 am to Noon 29
Beginner Euchre

Noon to 4 pm
Euchre

1-2:30 pm
Hiking Group:
Highland Park

29

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 | MAY 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

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. This month we will use our supplies to create a mixed media collage. Spring time theme.

Craft Room

This month we will be customizing brick pavers into something fun and decorative for your garden.

NEW: Sketching and Drawing Group

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

Acrylic Painting with Jim

Jim will provide instruction using canvas and acrylic paints.

Tiny Art: Alcohol Ink

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.

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. Yarn and hooks are available if needed.

Watercolor Group

This ongoing group 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.

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. May is learning to make a mug rug.

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.

Cinco de Mayo Celebration

Stop in and enjoy food and friends, it's the ultimate Taco Tuesday. Sign up in the blue book in magazine rack to bring something to share.

Community Connections:

AOA Committee Meeting

Be 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 May 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!

Crafting with the Preschoolers

Our preschoolers are learning all about butterflies. We will work with these little ones to make creative and colorful projects to take home. We will be using colored papers and paints.

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 Jeremiah's Tavern in Penfield (2164 Fairport Nine Mile Point Rd, Fairport, NY).

Wellness Tips

Join Christine Powers, Personal Trainer Coordinator, for engaging presentations focused on practical, accessible ways to support overall well-being. Topics may include stress management, physical activity, nutrition and building sustainable habits to improve daily routines and support long-term health.

Photography Workshop

Photography enthusiasts, join Yvette (weather permitting) for cherry blossom photography outside the Y or a wildlife and landscape showcase in the Conference Room. Please bring your camera.

Drum Fit Demo

Join Beth for an introduction to Drum Fit- Drum fitness encompasses various activities that utilize drumming as a form of exercise. It can include traditional drumming, where the act of playing the drums serves as a workout.

Birding with Mary

Meet Mary at Braddock Bay East Spit for a guided walk to spot migrating warblers. Please bring binoculars and dress appropriately. Event takes place rain or shine (light rain) - severe weather reschedule date is Monday, May 18. Braddock Bay East Spit (105 East Manitou Road, Rochester, NY 14612).

Hiking Group: Mertensia Park

Join us Tuesday, May 12: Mertensia Park. Meet at the parking areas near the trail head sign. Not paved & difficulty is easy (1390 Mertensia Rd, Farmington, NY 14425).

Hiking Group: Highland Park

Join us Friday, May 29: Highland Park. Park at Lilac Adventure Zone, Meet at the parking lot. Paved with some hills & difficulty is easy (249 Highland Ave, Rochester, NY 14620).

NEW: Brain Boost Activity

Each month we will bring an activity that is designed to boost your memory and strengthen your mind.

Plant Exchange

Got extra plants or cuttings? Join us on the Patio Area and let's trade! Our plant exchange is all about sharing greenery, meeting other plant enthusiasts, and giving plants a new home. Bring what you can, take what you love.

Day of Caring

This day is designed to do a little bit of sprucing up outside the branch, this includes our little community garden. This is a volunteer-based program across Monroe County to assist non for-profit companies. If this is something you would be interested in volunteering, contact Theresa.

Games and Social Clubs:

Bridge, Mahjong, Rummikub & 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.

Book Club:

Love books or trying to read more? Come hang out with us! Our book club is all about easygoing discussions, different perspectives, and enjoying stories together. Bring your thoughts (or just yourself) and join the conversation. Interested in receiving the list of books chosen for the year? Contact Theresa.

Stronger Together Support Group

This is a member-driven cancer support group created for individuals navigating cancer, whether newly diagnosed, in treatment, or in recovery. The group is led by its members, offering a space to share experiences, exchange practical advice, and support one another through the challenges of cancer.

Special Events and Guest Speakers:

Alzheimer's Association-Understanding Alzheimer's and Dementia

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

Webster Arboretum Garden Club

Starting a Butterfly Garden. They will talk about various plants that will help attract bees and butterflies which are crucial to our environment.

MVPT Presentation

Lindsay Gerring PT, MSPT will be there to talk about dos and don'ts of gardening and how to get your body ready to work in your yard.

Episcopal Senior Life

Join us for Senior Living Options, a valuable session designed to help you navigate the many senior living options available. In this session, we'll explore the different levels of care, the services offered at each, and the key questions to ask when touring communities. You'll also gain access to helpful resources to guide you through the decision-making process. By the end, you'll feel more informed and confident, knowing that support is available in our community every step of the way.

Join Robert Nestruck from Edward Jones

An informal Coffee Club Chat. Discussing current events, the economy and investing. This chat is a relaxed with an informal setting, so its a great way to get to know one another.