



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

11:30 am to Noon
Tiny Art Discussion

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

2

10-11 am
Toaster Tuesday

10:30 am to Noon
Crochet Group

Noon to 1 pm
Food Demo: Summer Salad

1:30-3:30 pm
Bridge & Euchre

3

9 am to Noon | 1-4 pm
Mahjong

10 am-2 pm
AOA Celebration -
Camp Bay View
This event is full. We look forward to welcoming all registered participants! Lookout for details about next year's celebration.

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

4

10-11:30 am
Sketching & Drawing Group

11:30 am-12:30 pm
MVPT: Aging Safely in your Home

1- 4 pm
Mahjong

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

5

10-11:30 am
Open Art Studio:
Star Spangled Celebration -
Village Room

Noon to 4 pm
Euchre

8

10:30 am to Noon
Game Day: Outdoor Tic Tac Toe - Patio

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

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

9

10-11 am
Toaster Tuesday

10-11:30 am
Hiking Group:
Gosnell Big Woods Preserve

1:30-3:30 pm
Bridge & Euchre

10

9 am to Noon
Mahjong

10:30-11:30 am
Travel Log Presentation:
Antarctica

1- 4 pm
Mahjong

11

11:30 am-1 pm
Craft: Welcome Porch Signs

1- 4 pm
Mahjong

12

10:30-11:30 am
Brain Boost Activity

12:30-2 pm
Lunch Bunch:
Underpass Bar & Grill Fairport

Noon to 4 pm
Euchre

15

11 am to Noon
Presentation:
The Wildlife of High Acres Nature Area

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

16

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

1:30-3:30 pm
Bridge & Euchre

17

9 am to Noon
Mahjong

10:30-11:30 am
Food Demo: Chinese Dumpling: Zongzi

1- 4 pm
Mahjong

18

11 am to Noon
Embroidery Group

1- 4 pm
Mahjong

19

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

Noon to 4 pm
Euchre

22

11 am to Noon
Coffee Chat with Edward Jones Investment

Noon to 12:30 pm
June Birthday Celebration

12:30-1:30 pm
Wellness Tips

23

10-11 am
Toaster Tuesday

1:30-3:30 pm
Bridge & Euchre

24

9 am to Noon
Mahjong

Noon to 1 pm
Food Demo: ROC Hot Sauce

1-4 pm
Mahjong

25

11 am to Noon
Book Club: The Letter Carrier by Francisca Giannone -
Conference Room

11 am-1 pm
Hot Dog Day -
Register for you Dog!

1-4 pm
Mahjong

26

1-2:30 pm
Hiking Group:
Seneca Park, Zoo Cascade & Falls Trail

Noon to 4 pm
Euchre

29

10-11 am
Pop up Art:
Rock Painting

30

10-11 am
Toaster Tuesday

11 am-12:30 pm
Tiny Art: Button Books

1:30-3:30 pm
Bridge & Euchre

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 PROGRAMMING

EASTSIDE FAMILY YMCA | JUNE 2026

Programs in **GREEN** 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 are opening time up to design and create your star for the star spangled celebration artwork display.

Craft Room: Welcome Porch Sign

This month we will painting wood boards to create a welcome porch sign

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: Miniature Button Books

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 stiches 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.

Bite-Sized Learning:

Toaster Tuesdays

Stop by the Community Room for delicious combinations of toppings and breads during our Toaster Tuesdays!

Hot Dog Day

To celebrate 250 year of America, we will be celebrating with hot dogs. Create your dog with different topping from somewhere around the county. Register online for your hot dog.

Food Demo: Chinese Dumplings: Zongzi

How to make ROC hot meat sauce, just in time for Hot Dog Day!

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 June birthdays with a special gathering filled with fun, laughter and a slice of cake!

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.

Lunch Bunch

Meet up at a restaurant each month, to enjoy conversation and good food. This month will be at Underpass Bar & Grill 1226 Fairport Road Fairport, New York 14450.

Hiking Group:

Gosnell Big Woods Preserve, 680 Vosburg Rd, Webster, NY 14580 (just before roads turns into Drumm Rd), meet at parking area. Not paved, meadow, open field, old-growth woods. Difficulty: Easy to Moderate in the wooded area.

Hiking Group:

Seneca Park, Zoo Cascade & Falls Trail. From Route 104, exit north onto St Paul Blvd. Turn east onto Parkwood Road head towards, the Seneca Zoo. Pass the Zoo to next parking lot. Wood chip and gravel paths.

Brain Boost Activity

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

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:

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.

Dominic Sherony: The Wildlife of High Acres Nature Area

High Acres Nature Area is a wildlife sanctuary in Fairport, NY. Approximately 300 acres are open to the public for hiking and nature appreciation. A more important point is that it provides habitat for wild creatures to live their lives.