



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Noon to 1:30 pm AOA Committee Meeting - Conference Room	4 10-11 am Toaster Tuesday Noon to 1 pm Food Demo: Harvest Time Recipe 1:30-3:30 pm Bridge & Euchre	5 9 am to Noon Mahjong 12:30-3:30 pm Sewing Love: Power Pads -Lunch Provided 1-4 pm Mahjong	6 10-11:30 am Sketching & Drawing Group - Conference Room 1- 4 pm Mahjong 12:45-1:30 pm Seated Tap Dance with Maria: Beginner Level - Group Exercise Studio	7 10-11:30 am Open Art Studio: Dandelion Art Noon to 4 pm Euchre
10 10:30 am to Noon Crochet Group Conference Room	11 10-11:30 am Hiking Group: Mendon Ponds Park Birdson Fairy Trail 1:30-3:30 pm Bridge & Euchre	12 9 am to Noon Mahjong 1- 4 pm Mahjong	13 11:30 am-1 pm Craft: Rustic Sunflowers - Conference Room 1- 4 pm Mahjong	14 12:30-2 pm Lunch Bunch: Mama Lor's - Union Hill Location Noon to 4 pm Euchre
17 10:30 am-12:30 pm Acrylic Painting with Jim - Conference Room	18 1:30-3:30 pm Bridge & Euchre	19 9 am to Noon Mahjong 1- 4 pm Mahjong	20 10:30-11:30 am Presentation: NY Life: Flexibility in Retirement - Conference Room 11 am to Noon Embroidery Group Village Room 12:30-1:15 pm Drum Fit - Group Exercise Studio 1- 4 pm Mahjong	21 9:30 am-12:30 pm Watercolor Group - Conference Room 10 am-2 pm Salute to Seniors - Ontario Beach Park Noon to 4 pm Euchre
24 Noon to 12:30 pm August Birthday Celebration 12:30-1:30 pm Wellness Tips	25 11 am-12:30 pm Tiny Art: Garden Accents - Conference Room 1:30-3:30 pm Bridge & Euchre	26 9 am to Noon Mahjong 1- 4 pm Mahjong	27 11 am to Noon Book Club: The Bonsetter's Daughter by Amy Tan - Conference Room 1-4 pm Mahjong	28 1-2:30 pm Hiking Group: Channing Philbrick Park Noon to 4 pm Euchre
31 10-11 am Pop Up Art: Acrylic Painting with Jim Boat				Please Note: All programs in Green 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 | AUGUST 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.

Open 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 making dandelion art using oil pastels and acrylics.

Craft: Rustic Sunflowers

We will be using fabric, wooden ring and sticks to create a cheerful sunflower.

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 Garden accents

Using cork, you will create various stakes for your indoor or outdoor plants.

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

Note: the group is meeting on a Monday this month! 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.

Pop Up Art

Jim will be doing a quick acrylic painting this month, a boat will be the subject!

Bite-Sized Learning:

Toaster Tuesdays

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

Food Demo

Karen will create a harvest time recipe using fresh vegetables from our Community Garden.

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 August 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 Mama Lor's 1891 Ridge Rd Webster 14580.

Hiking Group: Mendon Ponds Park

Meet at the parking lot area. Birdsong Fairy Trail 3914 Clover Street, Honeoye Falls NY 14472. Birdsong Fairy Trail is off of Pond Road.

Hiking Group: Channing Philbrick Park

Meet at the parking lot area. 1 Linear Park Dr, Penfield, NY 14526.

Games and Social Clubs:

Bridge, Mahjong & 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.

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.

Special Events and Guest Speakers:

MVPT Presentation

Are you planning to have surgery soon? Is a joint replacement on the horizon? Join Heather Carvill, PT, MSPT from MVPT Physical Therapy to learn what you can do NOW to make your recovery faster and easier! Learn tips for what activities you should be doing before surgery, how to get your home prepared, and what to expect AFTER your joint replacement. Heather will also answer any questions you may have about joint replacements.

NY Life: Flexibility in Retirement

What you do today, will determine how you live tomorrow. With a little preparation and guidance, retirement can be anything—and everything—you want it to be. Find out what you can do now to build the future you deserve. Join us for this free info session, Adding stability and protection to your retirement strategy.