



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | SEPTEMBER 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.

Happy Labor Day!
Branch Closed

10:30 am to Noon
Crochet Group

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

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

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

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

11 am to Noon
Presentation: Edward Jones Investment

Noon to 12:30 pm
September Birthday Celebration - Conference Room

12:30-1:30 pm
Wellness Tips - Conference Room

TUESDAY

10-11 am
Toaster Tuesday

Noon to 1 pm
Food Demo: Learn about canning and pickling.

1:30-3:30 pm
Bridge

10-11 am
Toaster Tuesday

1:30-3:30 pm
Bridge

10 am-2 pm
Sewing Love: Dresses and Dolls

10-11:30 am
Hiking Group: Turning Point Park

1:30-3:30 pm
Bridge

10-11 am
Toaster Tuesday

Noon to 1 pm
Presentation: Libby's Way - A Family's Caribbean Adventure

1:30-3:30 pm
Bridge

11 am-12:30 pm
Tiny Art: Torn Paper and Dried Flowers

1:30-3:30 pm
Bridge

WEDNESDAY

9 am to Noon
Mahjong

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

1-4 pm
Mahjong - Village Room

9 am to Noon
Mahjong

12:30-1:30 pm
Lifespan Presentation: What is Lifespan? An introduction to their services

1-4 pm
Mahjong

9 am to Noon
Mahjong

1-4 pm
Mahjong

9 am to Noon
Mahjong

10:30-11:30 am
Travel Log with Kock-Ye: South Georgia & King Penguins

1-4 pm
Mahjong

9 am to Noon
Mahjong

1-4 pm
Mahjong

THURSDAY

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

11:30 am-12:30 pm
MVPT: Preparing for Joint Replacement Surgery

1-4 pm
Mahjong

11 am-1 pm
End of Summer Picnic

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

1-4 pm
Mahjong

10-11:30 am
Sewing with Louise: rag quilt pillow

11 am to Noon
Embroidery Group
10:30-11:30 am
Presentation: NY Life Estate Planning - Conference Room
12:30-1:15pm
Drum Fit - Studio 2
1-4 pm
Mahjong

11:30 am-1 pm
Craft Room: Wooden Block Fall Decor

11 am to Noon
Book Club: The Couple next door by Shari Lepena - Conference Room

1-4 pm
Mahjong

FRIDAY

10-11:30 am
Open Art Studio: Creating Easels & Frames for Tiny Art Show

12:30-1:30 pm
Meet & Greet with Khari writer/coach

Noon to 4 pm
Euchre

10-11:30 am
Pop up Art: Paper Gnomes

10:30-11:30 am
Presentation on Genealogy: Beginner Level

12:30-2 pm
Lunch Bunch: Flaherty's Webster

Noon to 4 pm
Euchre

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

11 am to Noon
Presentation: Family & Individual Emergency Preparedness Plan

Noon to 4 pm
Euchre

9:30-11:30 am
Art with Mary

1-2:30 pm
Hiking Group: Mt. Morris Dam Tour - \$1 per person

Noon to 4 pm
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 DESCRIPTIONS

EASTSIDE FAMILY YMCA | SEPTEMBER 2026

Programs in [BLUE](#) require online registration at RochesterYMCA.org; registration opens at 10 am on the third Monday of the prior month.

Arts & 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. This month we will be creating tiny art easels and frames for our upcoming Tiny Art Show.

[Craft Room: Wooden Block Fall Decor](#)

This month we will turn wooden blocks into cute fall decor using paint, flowers and ribbon.

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:

Using various decorative papers, to create an adorable fall themed gnome.

[Tiny Art: Torn Paper and dried flowers](#)

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 create landscapes and abstracts using dried flowers and torn paper techniques.

[Art with Mary: Organic Art Zentangle](#)

Think of an organic Zentangle as a peaceful doodle inspired by nature. We don't try to draw a perfect flower or leaf. Instead, we use simple curved lines and repeating patterns that remind us of things we see in nature. There are no mistakes—just one line at a time. The goal is to relax, enjoy the process and create something unique.

[Sewing with Louise](#)

Bring in your sewing machine and learn some basic sewing. Louise will providing a four-part series. This first session is learning how to make a rag quilt pillow.

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. Note the new day.

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.

Bite-Sized Learning:

Toaster Tuesdays

Stop by for delicious combinations of toppings and breads during our Toaster Tuesdays! Twice a month will be something new to try.

Food Demo: Canning, Pickling and Freezing

Karen and friends will show you tips on garden harvest preservation to do this.

[End of Summer Picnic:](#)

Come enjoy our last days of summer with a picnic. We will be providing pulled pork, macaroni and cheese, coleslaw, baked beans and rolls. We encourage you to bring store bought dessert, sign up sheet in Community Room.

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 September 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 sewing bags and hygiene pads. Dresses and Dolls are sewing young girl dresses with cute little pockets to hold the darling little dolls. These items are given to various girls in countries that are not able to obtain.

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 at a restaurant each month, to enjoy conversation and good food. This month will be Flaherty's 1200 Bay Rd Webster, NY 14580.

[Hiking Group: Mt. Morris Hike and Dam Tour](#)

Fun day planned in Mt. Morris! Our AOA hiking group will be taking the guided tour of the dam (just \$1.00), followed by a hike on some of the area's scenic trails. We'll bring a bag lunch, relax and enjoy the beautiful scenery and great company with friends. Looking forward to a wonderful day outdoors! Meet up at the visitor center. 6103 Visitor Center Rd Mt Morris NY 14510. Last day to register is September 15.

Meet and greet with Khari Demo:

YMCA of Greater Rochester Content Creator Khari Demos comes in to discuss his sports media career that has allowed to work for the Buffalo Bills, cover the team, writing for On SI and The Athletic, as well as voting for the Heisman Trophy. Khari also coaches at James Monroe High School, who won the first state championship in RCSD history last fall.

Hiking Group: Turning Point Park

350 Boxart St Rochester, Rochester 14612. Meet at the parking area. Paved & boardwalk (no shade, bring a hat)

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.

Games & 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.

Special Events & 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: Estate Planning

Join us as we discuss the basic fundamentals of estate planning, including common estate planning terms and definitions, essential estate planning documents, tips to avoiding probate and estate and gift taxation.

Family & Individual Emergency Preparedness Planning

Most people are not prepared in the event of an emergency. Anne has created a plan which includes over 40 different items in order to have critical and vital information collected and accessible to them in the event of a medical emergency, weather related event (flood, hurricane, etc.), fire or a death. The plan includes insurance information, legal information, medical information, pet information, financial information, computer/cell phone information, etc.

[Libby's Way: YMCA member John Richelson will be presenting his mother's literary work "Libby's Way"](#)

The book is based on his crazy family adventures when his mother bought a boat and the family sailed to the Caribbean. Written with wit and humor as she relives this journey living in Nassau and Haiti. This was a fascinating journey with many turns in the road and a GREAT read for all

Lifespan: Learn About Lifespan!

Join us for an introduction to Lifespan, a nonprofit organization offering more than 30 programs and services for older adults and caregivers. Learn about available resources and connect with others as we aim to launch a new monthly discussion group focused on aging, shared experiences and community.