



ACTIVE OLDER ADULT PROGRAMMING

HUTCH FAMILY YMCA | OCTOBER 2026

MONDAY

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.

5

12:45-1:15 pm
Meditation with Jess -
Studio 2

10:30 am to Noon
Crochet Group -
Conference Room
10:30 am-12:30 pm
Acrylic Painting with Jim
Noon to 1:30 pm
AOA Committee Meeting -
Conference Room
1-2:30 pm
Candy Bar Bingo -
Village Room
12:45-1:15 pm
Meditation with Jess -
Studio 2

19

10:30 am to Noon
Trending to Tasting
12:30-2 pm
Stronger Together:
Cancer Support Group -
Conference Room
12:45-1:15 pm
Meditation with Jess-
Studio 2

26

11 am to Noon
Empire Dermatology
Presentation: Skin Cancer
Detection
Noon to 12:30 pm
October Birthday
Celebration
12:45-1:15 pm
Meditation with Jess-
Studio 2

TUESDAY

6

10-11 am
Toaster Tuesday
Noon to 1 pm
Food Demo: Broccoli French
1-2:30 pm
Craft Room: **Silverware**
Windchime -
Conference Room
1-3:30 pm
Bridge

13

10-11 am
Toaster Tuesday
10-11:30 am
Hiking Group: Genesee
Greenway, Canawaugus Trail
1:30-2:30 pm
Monroe County Recycling
Presentation
1-3:30 pm
Bridge

20

10 am-2 pm
Sewing Love:
Dresses & Dolls
1-3:30 pm
Bridge

27

10-11 am
Toaster Tuesday
10-11:30 am
Preschool Book Reading:
Fall Theme
10-11:30 am
Tiny Art: Alcohol Ink -
Conference Room
1-3:30 pm
Bridge

WEDNESDAY

7

Happy Healthy Aging Day
10-11 am
Resistance Training with
Christine
11:30-12:15 pm
Healthy Food Demo
12:30-1:30 pm
Pace Family Chiropractics
Presents: Aging Upright
9 am to Noon
Mahjong
1- 4 pm
Mahjong- Village Room

14

9 am to Noon
Mahjong
12:30-3:30 pm
Sewing Love: Power Pads
- Lunch Provided
1- 4 pm
Mahjong -
Village Room

21

9 am to Noon
Mahjong
1- 4 pm
Mahjong & Mexican
Train Dominos

28

9 am to Noon
Mahjong
1- 4 pm
Mahjong

THURSDAY

1

10-11:30 am
Sketching & Drawing Group -
Conference Room
10:30 am to Noon
Cooking with Yvette:
Coconut/Melon Sago Dessert
1- 4 pm
Mahjong
12:45-1:30 pm
Seated Tap Dance with Maria:
Beginner Level -
Studio 1

8

10-11:30 am
Sewing with Louise:
Pumpkin Placement
10:30-11:30 am
Beginner Genealogy -
Conference Room
11:30 am-1 pm
Pop up Art:
Puzzle Pumpkin Art
1- 4 pm
Mahjong

15

10:30-11:30 am
Presentation: Required
Minimum Distribution
11 am to Noon
Embroidery Group
1- 4 pm
Mahjong

22

11 am to Noon
Book Club: Circle of
Friends by Maeve
Binchy -
Conference Room
1-4 pm
Mahjong

29

10:30-11:30 am
Travel Log with Kock-Ye:
Iceland/Greenland
12:30-1:15 pm
Drum Fit -
Studio 1
1-4 pm
Mahjong

FRIDAY

2

10-11:30 am
Open Art Studio:
Spider Jars Votives
11 am to Noon
Euchre lessons with Norm
Noon to 4 pm
Euchre

9

11 am to Noon
Euchre lessons with
Norm
12:30-2 pm
Lunch Bunch:
Riki's in Fairport
Noon to 4 pm
Euchre

16

9:30 am-12:30 pm
Watercolor Group -
Village Room
11 am to Noon
Euchre lessons with
Norm
Noon to 4 pm
Euchre

23

10-11:30 am
Preschool Book Reading:
Fall Theme
11 am to Noon
Euchre lessons with Norm
Noon to 4 pm
Euchre
1-2:30 pm
Hiking Group: Durand Park -
Log Cabin Road

30

9:30-11 am
Art with Mary: -
Conference Room
11 am-1 pm
Halloween Party
Noon to 4 pm
Euchre -
Village Room

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

HUTCH FAMILY YMCA | OCTOBER 2026

Programs in **GREEN** 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.

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 turning ordinary glass jars.

Craft Room: Silverware Windchime

Turn silverware, beads and wire into whimsical windchime.

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

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 in November. This month create various images using vibrant Alcohol Ink.

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

Puzzle Pumpkin Art! We will be using puzzle pieces, sticks, ribbons and other items to create a fun pumpkin art piece.

Sewing with Louise: Pumpkin Placemat

Pumpkin season is upon us, bring your sewing machine and your imagination and Louise will teach you how to make this adorable pumpkin placemat.

Bite-Sized Learning:

Toaster Tuesdays

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

Food Demo

Karen is demonstrating a twist on a classic- come and try Broccoli French.

Cooking with Yvette

Yvette is teaching this interactive Chinese Sago Dessert using honeydew and coconut, very refreshing!

Trending to Tasting

Have you seen a fun or tasty recipe on social media and wonder if it's as good as it seems. We are going to test it out. We will be gathering some of the trending recipes and just have fun with it. Will it be a keeper? Come on by and give it a try!

Community Connections:

Birthday Celebration

Celebrate all October 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 Riki's (25 North Main Street Fairport, NY 14450).

Hiking Group: Genesee Greenway, Canawaugus Trail

This will be an easier hike located at 4260 River Road, Scottsville, NY 14546. Canawaugus Trailhead, meet at Canawaugus Park, parking area.

Hiking Group: Durand Park

This will be an easier hike located on Log Cabin Road, Rochester, NY 14622. Park at Parking Lot C across from Long Cabin Road. Paved path.

Drum Fit

Join Beth in this class that 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

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.

Preschool Reading

Stop in and help out with engaging with our preschool classes. We will be doing a fun fall reading and activity with the kids.

Halloween Party

Fun time to be had by all. Come by for some fun, food and a frightenly good time. Sign up in the Community Room to bring a store bought goodie to share.

Games & 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.

Euchre lessons:

Want to learn to play Euchre? Norm will be offering lessons on Fridays stop in and learn this quick, fun opportunity.

Candy Bar Bingo-

This fun Bingo game with a twist is back! Play for the chance to win delicious 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.

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.

Special Events & Guest Speakers:

Healthy Aging Day

To celebrate this national day, we will have the following events: 10-11 am - Learn about resistance training with Christine, 11:30 am-12:15 pm - Food Demo: Chickpea & Butternut Squash Salad and 12:30-1:30 pm - Pace Chiropractics Presentation: Aging Upright.

Empire Dermatology

Empire Dermatology is a physician-owned dermatology practice. Dr Rapheal's presentation will focus on skin cancer, sun protection and other dermatology issues and will address spots that may develop and which ones to look out for.

Monroe County Recycling

Representative from the county will be educating us on how recycling is processed, how as a consumer you can contribute. Learn what's recyclable and what's not.