



ACTIVE OLDER ADULT PROGRAMMING

HUTCH FAMILY YMCA | NOVEMBER 2026

MONDAY

2
Noon to 1:30 pm
AOA Committee Meeting
- Conference Room

1-2:30 pm
Craft: Wine Bottle
Scarecrow

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

9
10:30 am to Noon
Crochet Group -
Conference Room

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

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

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

16
10:30 am-12:30 pm
Acrylic Painting with Jim

12:30-2 pm
Soup for thought:
Topic- "Talk to the Doc"

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

23
11 am to Noon
Edward Jones Investment
Presents: Retirement

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

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

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

30
10:30 am to Noon
Trending to Tasting

11-12:30 pm
DIY Holiday Card

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

TUESDAY

3
10-11 am
Toaster Tuesday

Noon to 1 pm
Food Demo: Harvest
Casserole

1-3:30 pm
Bridge

10
10-11 am
Toaster Tuesday

10:30 am-12:30 pm
Pop up Painting with
Jim: Scarecrow

1-3:30 pm
Bridge

17
1-3:30 pm
Bridge

Ongoing:
Friendsgiving Prep -
Sign up in Blue Book if
interested in helping

24
10-11 am
Toaster Tuesday

12:30-1:15 pm
Drum Fit -
Studio 1

1-3:30 pm
Bridge

WEDNESDAY

4
9 am to Noon
Mahjong

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

1-4 pm
Mahjong -
Village Room

11
9 am to Noon
Mahjong

10:30 am to Noon
Cellphone Photography Tech
with Yvette - Conference Room

1-2:30 pm
Rotenberg Institute on Aging
Presents: Assistive Devices :
how to make your smart phones
work for you

1-4 pm
Mahjong- Village Room

18
9 am-3 pm
Tiny Art Show Exhibit

9 am to Noon
Mahjong

1-4 pm
Mahjong

Ongoing:
Friendsgiving Prep -
Sign up in Blue Book if
interested in helping

2
9 am to Noon
Mahjong

1-4 pm
Mahjong

THURSDAY

5
10-11:30 am
Sketching & Drawing Group -
Conference Room

11:30 am-12:30 pm
MVPT: Neurological Disorders

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

1-4 pm
Mahjong

12
10 am to Noon
Sewing with Louise:
Lined Tote Bag

10:30-11:30 am
Genealogy: Beginner Level -
Conference Room

11:30 am-1 pm
Mixed Media Collage with
Christine - Village Room

1-4 pm
Mahjong

19
9 am-3 pm
Tiny Art Show Exhibit

11 am-1 pm
Friendsgiving:
Sign up in Blue Book -
Village & Community Room

11 am to Noon
Embroidery Group

1-4 pm
Mahjong

26
Happy
Thanksgiving!
Branch Hours
8 am to Noon

FRIDAY

6
10-11:30 am
Open Art Studio: Tiny Art

10:30 am to Noon
Cooking around the World:
Indian Cuisine

11am to Noon
Euchre lessons with Norm

Noon to 4 pm
Euchre

13
10-11:30 am
Pop up Art: Portrait Tracing

11 am to Noon
Euchre lessons with Norm

12:30-2 pm
Lunch Bunch:
Jeremiahs Penfield

Noon to 4 pm
Euchre

20
9 am-3 pm
Tiny Art Show Exhibit

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

1-3 pm
AOA Game/Social Event at
Lasertron in Henrietta

Noon to 4 pm
Euchre

27
Noon to 4 pm
Euchre

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.

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 | NOVEMBER 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.

Open Art Studio

We encourage all level of artists with the hopes of sharing creativity through various mediums. This month is the Tiny Art Show. This is an opportunity to use our resources to get your project ready for the show, or time to create something.

Craft: Wine Bottle Scarecrow

This month we will turn wine bottle into an adorable scarecrow using burlap, acrylics and other odds and ends.

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: Portrait Tracing

Bring in a portrait, can be of yourself, grandkid or pet. Using crayons and other mediums, we will create a unique portrait with tracing techniques.

Pop Up Painting with Jim:

Using acrylics, Jim will have you paint a fun fall Scarecrow.

Sewing with Louise

Bring in your sewing machine and learn some basic sewing. Louise will providing a four-part series. This month's session is making a tote bag with a liner.

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.

Cell Phone Photography Tech with Yvette

This program is designed to show you many features on your phone that you many are not aware of to enhance those pictures and so much more.

Mixed Media Collage with Christine

Explore the art of layering words, images, color and texture through mixed-media collage. Students will combine book paper, paint, stickers and poetry to create unique pieces that tell a personal story.

Tiny Art Show

This month our artists of many different mediums will be sharing their Tiny artwork. Stop in to take a look at the creativity of our members. Do you have any Tiny Artwork you would like displayed, be sure to drop off in the Community Room by Friday, November 6 with your first and last name on it.

DIY Holiday Card

Want to give an individualized card. Cindy has some easy, creative holiday card ideas that she teach you. Stop on in and make one to go.

Bite-Sized Learning:

Toaster Tuesdays

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

Food Demo: Harvest Casserole

Karen will show you a fabulous casserole worthy of any holiday get together.

Friendsgiving

Join us in our AOA community luncheon. We will have two days prior of getting ready for this food event as well. Please sign up in Blue Book in Community room to help with cooking or to donate food items to be cooked. Contact Theresa with any questions!

Soup for Thought

This is a new program designed to bring people together and have a round table discussion around various topics while enjoying some homemade soup! This month, Dr T. will be stopping in to provide some answers to medical questions you may have.

Cooking around the World

The recipe can come from a culture you grew up with, your family's traditions, or even a culture you have come to love and enjoy. As we cook together, we'll learn about different customs, ingredients and traditions while tasting delicious foods from around the world. This month is Indian cuisine. Are you interested in sharing, please contact Theresa to bring your tradition to our community. This Month is Indian Cuisine, Kalpana.

Community Connections:

Birthday Celebration

Celebrate all November 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

We meet at a restaurant each month to enjoy conversation and good food. This month will be Jeremiah's in Penfield (2164 Fairport Nine-Mile Point Rd, Fairport 14450).

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.

Stronger Together Cancer Support Group

This is a member driven cancer support group created for individuals navigating cancer, whether newly diagnosed, in treatment or in recover. 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.

AOA Game/Social Event at Lasertron in Henrietta

Lasertron has opened up their doors for us to give their attraction space a good time. We have booked the Krazy Arrow and Krazy Darts. These spaces you use various objects to throw at the screens. Space is limited.

Games & 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 delicious candy bars while enjoying a lively and social afternoon with friends. Please bring a candy bar to contribute to the pot.

Special Events & Guest Speakers:

MVPT Presentation

Join Heather Carvill, PT, MSPT from MVPT Physical Therapy to understand more about Neurological disorders and how physical therapy can help.

Edward Jones Investment Presentation

Rob from Edwards Jones Investment will talk about Retirement and making your money last.

Rotenberg Institute on Aging from the Jewish Home

The Tech department from Rotenberg Institute on Aging from the Jewish Home will be presenting Assistive Devices and how to make your smart phones work for you.