ACTIVE OLDER ADULT PROGRAMMING

HUTCH FAMILY YMCA | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	3 **10-11 am** Toaster Tuesday **Noon to 1 pm** Food Demo: Harvest Casserole **1-3:30 pm** Bridge	4 **9 am to Noon** Mahjong **12:30-3:30 pm** Sewing Love: Power Pads **1-4 pm** Mahjong - Village Room	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	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
9 **10:30 am to Noon** Crochet Group - Conference Room **12:30-2 pm** Stronger Together: Cancer Support Group - Conference Room **12:45-1:15pm** Meditation with Jess - Studio 2 **1-2:30 pm** Candy Bar Bingo - Village Room	10 **10-11 am** Toaster Tuesday **10:30 am-12:30 pm** Pop up Painting with Jim: Scarecrow **1-3:30 pm** Bridge	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	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	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
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	17 **10 am-2 pm** Sewing Love: Dresses and Dolls **1-3:30 pm** Bridge **Ongoing:** Friendsgiving Prep - Sign up in Blue Book if interested in helping	18 **9-3 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	19 **9-3 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	20 **9 am-3 pm** Tiny Art Show Exihbit **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
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	24 **10-11 am** Toaster Tuesday **12:30-1:15 pm** Drum Fit - Studio 1 **1-3:30 pm** Bridge	2 **9 am to Noon** Mahjong **1-4 pm** Mahjong	26 **Happy Thanksgiving!** Branch Hours 8 am to Noon	27 **Noon to 4 pm** Euchre
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				**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 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. 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 Rommunity 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.