



# ACTIVE ADULT PROGRAMMING SANDS FAMILY BRANCH JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Muffins & Makeovers with Michelle from Mary Kay - Sign up required 12:45 pm	4	5 MahJong Community Room Noon	6 Euchre Community Room Noon	7
10 Games! Uno, Cards, Cat Taco Goat Cheese Pizza 12:45 pm	11 Meet & Greet with Sandi - Our new AOA Coordinator 11:45 am - 1 pm	12 MahJong Community Room Noon	13 Euchre Community Room Noon	14 Alzheimer's Association: Understanding Alzheimer's & Dementia with Brian - Sign up required Noon
17 Book Club: Thursday Murder Club by Richard Osman 12:45 pm	18 URMC Covid summarize the neurological impacts of COVID-19 Sign up required Noon	19 MahJong Community Room Noon	20 Euchre Community Room Noon	21
24	25	26 MahJong Community Room Noon	27 Euchre Community Room Noon  Sonnenberg Private Tour - Sign up required 1 - 3 pm	28



# EVENT DESCRIPTIONS

## **MahJong**

Join us in the Community Room for open play. The Y has 3 sets. If you have your own set, please consider bringing it. Mahjong is a traditional Chinese tile-based game that involves skill, strategy, and a bit of luck. Players match tiles to form sets and pairs, aiming to complete a winning hand based on specific patterns and rules

## **Euchre**

Join us in the Community Room for open play, come enjoy the game. Euchre is a trick-taking card game typically played with four players in two partnerships. The game involves a trump suit and players work to win tricks and achieve the predetermined number of points needed for victory

## **Muffins & Makeovers with Michelle Sidari from Mary Kay**

Michelle Sidari is joining us again and this time she's bringing muffins and will be doing makeovers - sign up required

## **Meet & Greet with Sandi - Sands AOA Coordinator**

Sandi will be your go to for all Active Older Adult Activities. Come and say hi, share what you would activities you would like to do. We are so excited she will be starting this role in July. Come by and welcome her!

## **Understanding Alzheimer's & Dementia**

Brian Potvin with the Alzheimer's Association of Rochester & Finger Lakes will be presenting - Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research, and treatments available for some symptoms, and Alzheimer's Association resources - sign up required

## **URMC**

Elizabeth Waterman will be sharing a presentation summarizing cognition in aging and dementia with a little bit of information on effects of covid on cognition as a means of introducing our study. She will conclude the presentation will include some brief information on our current research project, on NeuroCOVID - sign up required

## **Sonnenberg Gardens Guided Tour**

250 Gibson Street Canandaigua @ 1-3pm - Meet us for a guided house and garden tour. \$13 per person & wine tasting available for \$7 per person. Please let us know if you have mobility issues so we can ask for a tram during the tour. The other Rochester branches will be joining us!

Scan the QR code and join our YMCA AOA  
Facebook group to stay updated  
on all AOA Programming!

