



ACTIVE ADULT PROGRAMMING SANDS FAMILY BRANCH MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 MahJong - Community Room Noon	2 Euchre Noon	3
6 Spa Session with Mary Kay - Sign up required 12:45 pm	7 Manipulation, Moonshine, & Murder - Book presentation by Arthur Valerie Upson (Sign up required) 11 am	8 MahJong - Community Room Noon	9 Euchre Noon	10
13 Spring Craft - Sign up required (craft TBD) 12:45 pm	14 Medicare 101 - Presented by Simco (Sign up required) 12:30 - 1:30 pm	15 MahJong - Community Room Noon	16 Euchre Noon	17
20 Book Club: The Little Paris Bookshop by Nina George 12:45 pm	21 AOA Silver Sneakers Group Exercise Meet & Greet (Sign up required) 11:30 am - 12:30 pm	22 MahJong - Community Room Noon	23 Euchre Noon	24
27 Happy Memorial Day! Branch open 8 am to Noon	28 Medicare 101 - Presented by Simco (Sign up required) 12:30 - 1:30 pm	29 MahJong - Community Room Noon	30 Euchre Noon	31



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.

Spa Session with Michelle Sidari & Mary Kay

Indulge in a spa session with Michelle/Mark Kay, where relaxation meets rejuvenation. Let the stress melt away in a tranquil oasis, leaving you refreshed, renewed, and ready to conquer the world. Sign-up sheet @ Member Services desk and limited to the first 20 participants.

Manipulation, Moonshine, & Murder Book presentation by Author Valerie Upson

Valarie presents a PowerPoint on the true crime murder her grandmother was involved in during the Great Depression. You will be at the edge of your seats!

May Craft

Join us for an engaging and fun-filled craft session designed specifically for active older adults! Discover your creative side and bond with peers as we explore various crafting projects tailored to your interests. No prior crafting experience required—just come with a willingness to create and connect!

Medicare 101 Educational Event presented by Simco

You are invited to learn about your Medicare timeline and deadlines, Medicare A, B, C, & D your Medicare plan options, and the different enrollment periods.

Book Club

The Little Paris Bookshop by Nina George - International bestseller that is filled with warmth and adventure, The Little Paris Bookshop is a love letter to books, meant for anyone who believes in the power of stories to shape people's lives.

AOA Group Exercise Instructors Meet & Greet

Join us for an exciting Meet & Greet session with our Active Older Adult (AOA) Group Exercise Instructors! Patty Spaid will introduce SS Boom Muscle, a class focused on strength training using resistance bands and light weights. Dianne Murphey will showcase Body in Motion, a dynamic exercise program incorporating balance, flexibility, and cardiovascular conditioning. Lastly, Shari Reals will present SS Classic, SS Circuit, and SS Yoga, offering a variety of options for strength, cardio, and flexibility. Find out how these classes cater to different fitness levels and interests. Each instructor will share insights into their classes, the equipment used, health benefits, and when these classes are offered. This interactive session will empower you to choose the right fitness program that aligns with your goals and interests. Don't miss this opportunity to learn more and get inspired to stay fit and healthy with our AOA group exercise offerings!

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

