



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY BRANCH

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fleet Feet: Benefits of Properly fitted Shoes & Insoles - sign up required 12:45 pm	2 Coffee Talk with Sandi 10:45 am	3 MahJong Noon	4 *YMCA Closed in observance of the holiday*	5 Ice Cream Social with Sandi - Sign up required 12:45 pm
8 Rock Painting - sign up required 12:45 pm	9 Michelle from MaryKay: DIY Pedicure - sign up required 10:45 am	10 MahJong Meet at Innovation Station 113 Noon	11 Euchre Noon Dan the Tech Man Presents: The World of Podcasts - sign up required 12:30 pm	12
15 Book club: Island of Sea Women by Lisa See 12:45 pm	16 Medicare 101 Presented by Simco - sign up required 12:30 - 1:30 pm	17 MahJong Noon	18 Euchre Noon	19
22 Sit & Stich - please bring your own project 12:45 pm	23 Bingo with Sandi 12:30 pm	24 MahJong Meet at Innovation Station 113 Noon	25 Euchre Noon	26
29 AOA Coffee Hour 12:45 pm	30 Medicare 101 Presented by Simco - sign up required 12:30 - 1:30 pm	31 MahJong Noon		



EVENT DESCRIPTIONS

MahJong

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

Open play, come enjoy the game. Euchre is a trick-taking 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.

Fleet Feet: Benefits of Properly Fitted Shoes and Insoles

Alex Tosto will present the benefits of properly fitted shoes and insoles. He will also discuss the difference between stability vs neutral shoes with examples. In the presentation, Alex will also explain over/under pronation and why we would recommend one or the other. There will be time for questions as well.

Coffee Talk with Sandi

Have a cup of coffee, meet some fellow members, and Sandi will be sharing what's happening this month.

Ice Cream Social

Enjoy some ice cream and socialize with members and staff.

Rock Painting Craft

Crafts are back! Come in the Community Room and have fun painting a rock

Michelle from Mary Kay: DIY Pedicure

A DIY pedicure with Michelle will be a fun and relaxing activity. Please bring your own towel to dry off your feet.

Dan the Tech Man: The World of Podcasts

Podcasts are one of the fastest-growing and most popular forms of online discussion, entertainment, and special interests. They provide people with a platform to both listen and share what they find interesting, entertaining, and informative. Join technology instructor Daniel Jones as he walks you through the world of podcasting. You'll learn about: Brief history of podcasting, how to search, subscribe, and listen to podcasts as well as steps to create your own podcast.

Book Club

This month's book is Island of Sea Women by Lisa See.

Medicare 101 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. Sign up required

Sit and Stich

Please bring your own craft and enjoy time with fellow members and staff.

Bingo

Join us in the Community Room for bingo!

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

