



# ACTIVE ADULT PROGRAMMING SANDS FAMILY BRANCH SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Happy Labor Day! YMCA Closed</p>	<p><b>3</b></p> <p>AOA Open Makers Space at Innovation Station 10 am to Noon Train Dominos Noon Pitch High Low Jacks Game 2pm</p>	<p><b>4</b></p> <p>MahJong Noon</p>	<p><b>5</b></p> <p>Euchre Noon</p>	<p><b>6</b></p> <p>A "Toast" to Friday 9 - 10:45 am</p> <p>Walking Group: Outhouse Park Noon</p>
<p><b>9</b></p> <p>Sweater Pumpkins - sign up at Member Services Desk &amp; please bring a pair of scissors 12:45 pm</p>	<p><b>10</b></p> <p>AOA Open Makers Space at Innovation Station 10 am to Noon What's new for the Fall in Group Exercise 12:45 pm Pitch High Low Jacks Game 2pm</p>	<p><b>11</b></p> <p>MahJong Noon</p> <p>Walking Group: Outhouse Park 10 am</p>	<p><b>12</b></p> <p>Euchre Noon</p>	<p><b>13</b></p> <p>A "Toast" to Friday 9 - 10:45 am</p>
<p><b>16</b></p> <p>Book club: The Kitchen House by Kathleen Grissom 12:45 pm</p>	<p><b>17</b></p> <p>AOA Open Makers Space at Innovation Station 10 am to Noon Train Dominos Noon Pitch High Low Jacks Game 2pm</p>	<p><b>18</b></p> <p>MahJong Noon</p>	<p><b>19</b></p> <p>Euchre Noon</p>	<p><b>20</b></p> <p>A "Toast" to Friday 9 - 10:45 am</p> <p>Walking Group - Baker Park Noon</p>
<p><b>23</b></p> <p>"What is Pickleball?" 12:45 pm</p>	<p><b>24</b></p> <p>Senior Celebration at Bay View YMCA - Register online or at Member Services, \$15 per person 9:30 am - 2 pm</p>	<p><b>25</b></p> <p>URMC Presentation: Prostate 101 - Understanding the Basics with Amanda Buckner Noon</p> <p>MahJong - Innovation Station Noon</p>	<p><b>26</b></p> <p>Euchre Noon</p> <p>Walking Group - Baker Park 10 am</p>	<p><b>27</b></p> <p>A "Toast" to Friday 9 - 10:30 am</p> <p>Below Surface: The Healing Power of Community Documentary Viewing Party Noon</p>
<p><b>30</b></p> <p>Sit &amp; Stitch - bring your own projects 12:45 pm</p>				



# EVENT DESCRIPTIONS

## **AOA Open Makers Space**

The Innovation Station will open to our AOA Community for 2 hours so you can explore your creative side by learning a new craft/skill or work in a media that you love

## **A "Toast" to Friday**

Do you like toast and jam? Come and make yourself a piece of toast in the Community Room and chat with other members of our AOA community. We hope this becomes part of your regular Friday morning routine either before or after class

## **Walking Group**

Check the schedule and newsletter for details on the day, time, and place. Let's take a walk together

## **What's new for the Fall in Group Exercise**

Join us in the Community Room to be inspired to try something new from our Health and Wellness Team

## **"What is Pickleball?"**

Meet in the Community Room to learn about Pickleball from our Sports Coordinator, Max

## **Senior Celebration**

Meet at Camp Bay View from 9:30 am to 2 pm. We are excited to bring the Senior Celebration back to the YMCA! We will have some of your favorite activities on the schedule from Silver Sneakers classes to kayaking, canoeing, and paddle boarding on the Bay. Some activities will require pre-registration and are on a first come, first serve basis. Register online or at the Member Service Desk

## **URMC Presentation from Amanda Buckner**

Come listen to a Presentation from one of our Health Care Partners and have some light refreshments. More details to follow

## **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

## **September Craft: Sweater Pumpkins**

Come to the Community Room and create a festive fall pumpkin. Please bring a pair of scissors and an old sweater if you have a specific color in mind to match your Fall Aesthetic

## **Book Club**

September's book is The Kitchen House by Kathleen Grissom

## **Train Dominos**

Open play, come join us in the Community Room for some Train Dominos.

## **High Low Jacks Game**

Open play & new this month. High Low Jack, also known as Pitch or Setback, is a trick-taking card game where players score points by winning the highest and lowest trumps, the jack of trumps, and either the ten of trumps or the most points

## **Sit & Stich**

Come join us for some crafting time on your current project and enjoy time with fellow members and staff. If you are interested in learning a new stich, please email [sandi.heacock@rochesterymca.org](mailto:sandi.heacock@rochesterymca.org)

## **Below Surface: The Healing Power of Community Documentary Viewing Party**

Come watch a documentary that reveals the power of community through an unlikely subject: a YMCA Aquafit Class. Refreshments will be provided

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



Email [sandi.heacock@rochesterymca.org](mailto:sandi.heacock@rochesterymca.org) with any questions, interests or talents