



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | FEBRUARY 2025

MONDAY

9-10am **3**
AOA/Childcare
Collaboration - Be My
Valentine

Noon
Mexican Train
Dominos

12:45pm **10**
*Craft: Jewelry
Making - Beaded
Bracelets

12:30pm **17**
Book Club: God of the
Woods by Liz Moore

12:45pm **24**
Sit `n Stitch

TUESDAY

10am to Noon **4**
Maker's Space:
Knitting 101 & Open
Craft Time

Noon
Euchre

10am to Noon **11**
Maker's Space:
Open Craft Time

Noon
Euchre

10am to Noon **18**
Maker's Space:
Knitting 101 & Open
Craft Time

Noon
Euchre

10am to Noon **25**
Maker's Space:
Open Craft Time

Noon
Euchre

WEDNESDAY

8-10am **5**
Senior Basketball
(55+)

Noon
Mah Jong

8-10am **12**
Senior Basketball
(55+)

Noon
Mah Jong

8-10am **19**
Senior Basketball
(55+)

Noon
Mah Jong

8-10am **26**
Senior Basketball
(55+)

Noon
Mah Jong

THURSDAY

Noon **6**
Euchre

Noon **13**
Euchre

Noon **20**
Euchre

Noon **27**
Euchre

FRIDAY

12:30-2pm **7**
*First Friday -
Chocolate Fondue
Party

2pm
Pitch

11:30am **14**
*Lunch Bunch -
Applebee's

2pm
Pitch

12:30pm **21**
*Felt Ornament

2pm
Pitch

12:45pm **28**
Bingo

2pm
Pitch

*Notes that registration is required.



EVENT DESCRIPTIONS

***AOA/Childcare Collaboration**

Come help our Preschoolers create Valentines for a local Nursing Home.

AOA Open Makers Space

The Innovation Station will be 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.

***Craft - Knitting 101**

Come in and learn the basics or refresh your skills.

Senior Basketball (Ages 55+)

Come shoot some hoops and play a few pickup games of basketball.

***Sands AOA Lunch Bunch**

Join us at Applebee's in Canandaigua.

***February Craft: Jewelry Making - Bracelets**

Come and explore your creative side with a beautiful and unique piece of jewelry. Please bring any beads or charms that you would like to add to your creation.

***Felt Ornament MAL**

Let's make some felt ornaments! basic sewing/embroidery skills helpful but not required.

Bingo

Come to the Community Room and play some Bingo for Prizes!

Sit `n Stitch

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 craft, please email Sandi at sandi.heacock@rochesterymca.org

Mah Jong

Open play! The Y has 3 sets. If you have your own set, please consider bringing it. Mah Jong 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! 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.

High Low Jacks Game

Open play! 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.

2025 Walking Challenge Information & Kick Off

Are you ready for our next Walking Challenge? Come learn more about our yearlong challenge and a chance to win a great prize. Tracking Sheets available at Member Services Desk.

Join the YMCA AOA Facebook Group!
Scan the QR code now and stay
updated on all AOA programming.

