



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | MARCH 2025

MONDAY

11:30am **3**
AOA Committee Meeting
12:30pm
*Craft: String Art -
Please bring spools of sewing thread (up to 5 colors)

12:30pm **10**
Scrabble Day

12:30pm **17**
Book Club: A Fine Balance by Rohinton Mistry

12:30pm **24**
Sit 'n Stitch

12:30pm **31**
Mexican Train Dominoes

TUESDAY

10am to Noon **4**
AOA Maker's Space
Noon
Euchre

10am to Noon **11**
AOA Maker's Space
Noon
Euchre

10am to Noon **18**
AOA Maker's Space
Noon
Euchre

10am to Noon **25**
AOA Maker's Space
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
11:30am
*Lunch Bunch: Pepper's

11am to Noon **20**
*Learn to Play Euchre
Noon
Euchre

Noon **27**
Euchre

FRIDAY

12:30-2pm **7**
*First Friday: Senior Bingo with Food and Prizes
2pm
Pitch

12:30-2pm **14**
*Irish Celi Dancing - Learn some traditional Irish Group Dances for St. Patrick's Day
2pm
Pitch

12:30pm **21**
Felt Ornament
2pm
Pitch

12:30pm **28**
Craft: Waldorf Paper Stars
2pm
Pitch

Join the Active Older Adults at the YMCA of Greater Rochester Facebook Group!
Scan the QR code below!



* Notes registration is required.



EVENT DESCRIPTIONS

AOA Committee Meeting

We want to hear from you! Come in and help plan our AOA community Activities for 2025. New members are always welcome.

***March Craft: String Art**

Come and explore your creative side with a beautiful and unique String Art. Each piece is created with 5 layers of thread. Please bring up to 5 different colors of sewing thread to add to your unique creation. Sign Up at Member Services Desk.

First Friday Event

AOA Bingo Party with Special Guest Host! Come for the fun with Food and Prizes.

Scrabble Day

New Event! Come in and play some classic scrabble.

***AOA Lunch Bunch**

Pepper's in Canandaigua.

Special Event: Irish Celi Dancing

Join us in Studio C to learn some tradition Irish Group Dances for St Patrick's Day.

***Felt Ornament MAL**

Lets make some felt ornaments! basic sewing/embroidery skills helpful but not required.

Craft: Waldorf Stars

Join us in the Community Room and create these unique folded stars.

Sit 'n Stitch

Come join us in the Community Room 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

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.

Senior Basketball (Ages 55+)

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

Mah Jong

Open play in the Community Room, 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 in the Community Room. 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.