



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | JULY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Noon
Euchre -
Community Room

2

11 am
AOA Committee
Meeting -
Community Room

Noon
Mahjong -
Community Room

3

10 am
Intro to Euchre -
Community Room

Noon
Euchre -
Community Room

4

Happy 4th of July!
Branch Closed

7

10 am
Beginner Mahjong
- Community Room

12:30 pm
Mexican Train
Dominos -
Community Room

8

Noon
Euchre -
Community Room

9

Noon
Mahjong -
Community Room

10

Noon
Euchre -
Community Room

1 pm
*Pickleball 101 -
Gym

11

12:30 pm
AOA Friday Bingo

2 pm
Pitch -
Community Room

14

10 am
Beginner Mahjong -
Community Room

12:30 pm
*Craft - Christmas In
July

15

Noon
Euchre -
Community Room

16

Noon
Mahjong -
Community Room

17

Noon
Euchre -
Community Room

18

12:30 pm
Line Dancing in
Studio C

2 pm
Pitch -
Community Room

21

10 am
Beginner Mahjong -
Community Room

12:30 pm
Book Club- July Book:
"Little Library of
Banned Books" by
Kirsten Miller

22

Noon
Euchre -
Community Room

23

Noon
Mahjong -
Community Room

24

Noon
Euchre -
Community Room

25

12:30 pm
*Felt Ornament -
Community Room

2 pm
Pitch -
Community Room

28

10:30 am
Beginner Mahjong
- Community Room

Noon
Sit n' Stitch -
Community Room

29

Noon
Euchre -
Community Room

30

Noon
Mahjong -
Community Room

12:30 pm
Senior Splash
Luncheon at
Cheap Charlies

31

10 am
*Presentation:
Warning Signs for
Alzheimer's -
Conference Room

Noon
Euchre -
Community Room

Please email Sandi.Heacock@RochesterYMCA.org
with any questions, concerns, or talents!

*Notes registration is required.

Join the Active Older Adults at the
YMCA of Greater Rochester

Facebook Group!

Scan the QR code:





EVENT DESCRIPTIONS

The Sands Family YMCA will be closed in observance of July 4th!

First Friday Event: AOA Bingo Party

Come for the fun with Food and Prizes. Everyone is Welcome! This activity will always be scheduled for the first Friday of each month.

AOA Committee Meeting

We want to hear from you! Join us in the Community Room and help plan our AOA community Activities for 2025. New members are always welcome.

Mexican Train Dominoes

Come join us in the Community Room for some Train Dominoes. Beginners are welcome.

Line Dancing

Come and Learn a new line dance each month. Everyone is welcome. This class will always be scheduled for the second Friday of each month.

***July Craft: Christmas in July**

Come and explore your creative side with a holiday craft. Please bring a box of 200+ straight pins for the project. Sign Up required!

Intro to Mahjong

Come and learn how to play this tile game.

***Pickleball 101 with Jeff**

Come see what all the Pickleball excitement is about. Learn the ins and outs of the game and so much more. Sign Up required.

***Felt Ornament MAL**

Lets make some felt ornaments! Basic sewing/embroidery skills helpful but not required. Please sign up at Member Service Desk.

AOA Book Club

July's book is "Little Library of Banned Books" by Kirsten Miller.

***Warning Signs for Alzheimer's**

This presentation helps caregivers recognize common signs of the disease in themselves and others and identify the next steps to take, including how to talk to their doctor.

Senior Splash Luncheon

Come and enjoy this monthly tradition for the Senior Splash Class (last Wednesday of the Month) at Cheap Charlies in Bloomfield.