



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
				12:30 pm AOA Friday Bingo 2 pm Pitch - Community Room
4	5	6	7	8
10 am Beginner Mahjong - Community Room 12:30 pm Mexican Train Dominos - Community Room	Noon Euchre - Community Room	11 am AOA Committee Meeting- Community Room Noon Mahjong - Community Room	10 am Intro to Mahjong- Community Room Noon Euchre - Community Room	12:30 pm Line Dancing - Studio C 2 pm Pitch - Community Room
11	12	13	14	15
10 am Beginner Mahjong - Community Room 12:30 pm *Craft - Macramé Keychains	Noon Euchre - Community Room	Noon Mahjong - Community Room	10 am Intro to Euchre -Community Room Noon Euchre - Community Room	12:30 pm *Felt Ornament - Community Room 2 pm Pitch - Community Room
18	19	20	21	22
10 am Beginner Mahjong - Community Room 12:30 pm Book Club: One Thousand White Woman by Jim Fergus	Noon Euchre - Community Room	Noon Mahjong - Community Room	Noon Euchre - Community Room	12:30 pm Line Dancing - Studio C 2 pm Pitch - Community Room
25	26	27	28	29
10:30 am Beginner Mahjong - Community Room 12:30 pm Sit n' Stitch Project: Christmas Tree - Community Room	Noon Euchre - Community Room	Noon Mahjong - Community Room 12:30 pm Senior Splash Luncheon at Cheap Charlies	10 am *Presentation: Understanding Alzheimer's & Dementia - Conference Room	12:30 pm Scrabble - Community Room 2 pm Pitch - 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

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 & fourth Friday of each month.

***August Craft: Macrame Key Chains**

Come and explore your creative side with a popular 70's craft. *Sign Up required by Friday, August 8.

Intro to Euchre

Come and learn or get a refresher on this fun and exciting card 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.

***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

August's book is "One Thousand White Woman" by Jim Fergus

Senior Splash Luncheon

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

***August Alzheimer Presentation:**

Understanding Alzheimer's and Dementia: This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments. *Sign Up Required by Wednesday, August 28.

Sit `n Stitch & Project Christmas Tree –

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 to knit or crochet, please email Sandi at sandi.heacock@rochesterymca.org