



# ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Happy Labor Day!</b> YMCA Closed	2 <b>10 am</b> AOA Open Art - Innovation Station  <b>Noon</b> Euchre - Community Room	3 <b>Noon</b> Mahjong - Community Room	4 <b>10 am</b> Intro to Mahjong - Community Room  <b>Noon</b> Euchre - Community Room	5 <b>12:30 pm</b> AOA Friday Bingo  <b>2 pm</b> Pitch - Community Room
8 <b>10 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> Mexican Train Dominos - Community Room	9 <b>10 am</b> *URMC Presentation: Cancer Generics, Presentation & Screening - Community Room  <b>Noon</b> Euchre - Community Room	10 <b>Noon</b> Mahjong - Community Room	11 <b>10 am</b> Intro to Euchre - Community Room  <b>Noon</b> Euchre - Community Room	12 <b>12:30 pm</b> Line Dancing - Studio C  <b>2 pm</b> Pitch - Community Room
15 <b>10 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> *Felt Ornament	16 <b>10 am</b> AOA Open Art - Innovation Station  <b>Noon</b> Euchre - Community Room	17 <b>Noon</b> Mahjong - Community Room	18 <b>10 am</b> *Dan the Tech Man Presents: Wearable Tech  <b>Noon</b> Euchre - Community Room	19 <b>2 pm</b> Pitch - Community Room
22 <b>10 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> Book Club: Tue Biz by Sara Novics	23 <b>Noon</b> Euchre - Community Room	24 <b>Noon</b> Mahjong - Community Room	25 <b>10 am</b> *Healthy Living for your Brain & Body Seminar - Community Room  <b>Noon</b> Euchre - Community Room	26 <b>11:30 pm</b> Pickleball 101  <b>2 pm</b> Pitch - Community Room
29 <b>10:30 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> Sit n' Stitch Project: Christmas Tree - Community Room	30 <b>10 am</b> *Crossroads Chiropractic Presents: Intro to Chiropractic Care  <b>Noon</b> Euchre - Community Room			

Please email [Sandi.Heacock@RochesterYMCA.org](mailto: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.

#### **Intro to Chiropractic Care**

Learn about the benefits of Chiropractic care by Crossroads Chiropractic & Health Center. Registration required.

#### **\*UMRC Presents: Cancer Genetics, Prevention and Screening**

Does cancer run in your family? You might qualify for genetic testing or extra cancer screening. This talk will provide information about cancer genetic testing and things you can do to be proactive. Registration Required by Monday, September 8.

#### **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.

#### **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 register at the Member Service Desk.

#### **AOA Book Club**

September's book is Tue Biz by Sara Novics.

#### **\*Alzheimer Association Presents: Healthy Living for your Brain & Body**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for healthy aging. Registration Required by Wednesday, September 24.

#### **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](mailto:sandi.heacock@rochesterymca.org)

#### **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.