



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Noon Mahjong - Community Room	2 10 am *Alzheimer's Association Presentation Noon Euchre - Community Room	3 12:30 pm AOA Friday Bingo 2 pm Pitch - Community Room
6 10 am Beginner Mahjong - Community Room 12:30 pm Mexican Train Dominos - Community Room	7 10 am AOA Open Art: Open Quilling - Innovation Station Noon Euchre - Community Room	8 10 am Project Christmas Tree - Community Room Noon Mahjong - Community Room	9 10 am Beginner Euchre - Community Room Noon Euchre - Community Room	10 12:30 pm Line Dancing - Studio C 2 pm Pitch - Community Room
13 10 am Beginner Mahjong - Community Room 12:30 pm *Craft: Grapevine Candle Holders	14 Noon Euchre - Community Room 7 pm *URMC Presents: Strong Bones Osteoporosis by Dr. Paul Rubery	15 Noon Mahjong - Community Room	16 10 am *AOA/Child Care Collab: Pumpkin Fairy Houses Noon Euchre - Community Room	17 2 pm Pitch - Community Room 4:30 pm Craft: Yarn Pumpkin with Carla - Community Room
20 10 am Beginner Mahjong - Community Room 12:30 pm Book Club: The Summer Before Dark by Doris Lessing	21 10 am AOA Open Art: Halloween Cards- Innovation Station Noon Euchre - Community Room	22 Noon Mahjong - Community Room	23 10 am Beginner Euchre - Community Room 11:30 am Euchre - Community Room	24 12:30 pm Line Dancing - Studio C 2 pm Pitch - Community Room
27 10 am Beginner Mahjong - Community Room 12:30 pm AOA Knitting, Crochet & Handcrafts Club	28 10 am *Crossroads Chiropractic Presents: What is Sciatica Pain? Noon Euchre - Community Room	29 Noon Mahjong - Community Room	30 10 am Beginner Euchre - Community Room Noon Euchre - Community Room	31 12:30 pm *Craft: 12 Month "Home" Project- "November" 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.

***Alzheimer's Association Presents: Tips for Tough Conversations: Doctor Visits, Driving, Legal & Financial Concerns**

This course gives caregivers tips and strategies for having difficult, but important conversations about driving, visiting the doctor and legal and financial planning.

Intro to Chiropractic Care: What is Sciatica Pain?

Come and learn more about this important topics.

***Special Event by URMCA – Strong Bones: Osteoporosis by Dr. Paul Rubery**

Tuesday, October 14 – 7 pm – Community Room – Come and learn from the experts about keeping your bones healthy and strong. Open to the public and Registration Required email sandi.heacock@rochesterymca.org by October 10, 2025. Limited seating available.

AOA/Preschool Collab- Pumpkin Fairy Houses

Volunteers needed to help create beautiful Fairy Houses with the child care preschoolers. If you are interested in volunteering, please email Sandi at sandi.heacock@rochesterymca.org by Monday, October 13.

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.

***Craft: 12 month "Home" Project – "November"**

This is a 12 month project to create a "HOME" sign with an interchangeable "O" for each month. We will be meeting once a month to create the next months "O". Registration required by Monday, October 27.

Project Christmas Tree

Come join us in the Community Room while we create ornaments for the AOA Christmas Tree and enjoy time with fellow members and staff!

AOA Book Club

October's book is The Summer Before Dark by Doris Lessing.

AOA Knitting, Crochet & Handcrafts Club

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.

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.

***Craft: Grapevine Candle Holders**

Create an original piece of Fall Home Décor. Registration required by Friday, October 10 at Membership Desk.