



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | NOVEMBER 2025

MONDAY

3

10 am
Beginner Mahjong
- Community Room

12:30 pm
Mexican Train
Dominos -
Community Room

10

10 am
Beginner Mahjong
- Community Room

12:30 pm
*Beaded Christmas
Tree Craft -
Community Room

17

10 am
Beginner Mahjong
- Community Room

12:30 pm
Book Club: One
Two Three by
Laurie Frankel

24

10 am
Beginner Mahjong -
Community Room

12:30 pm
AOA Knitting,
Crochet &
Handcrafts Club -
Community Room

TUESDAY

4

10 am to Noon
Maker's Space -
Innovation Station

Noon
Euchre -
Community Room

11

10 am to Noon
Maker's Space -
Innovation Station

Noon
Euchre -
Community Room

18

10 am to Noon
Maker's Space -
Innovation Station

Noon
Euchre -
Community Room

25

10 am
Crossroads
Chiropractic Care
Presentation -
Conference Room

Noon
Euchre -
Community Room

WEDNESDAY

5

11 am
Project Christmas
Tree - Community
Room

Noon
Mahjong -
Community Room

12

Noon
Mahjong -
Community Room

19

10:30 am
Mahjong -
Community Room

12:30 pm
*UR Thompson
Fall Prevention -
Community Room

26

Noon
Mahjong -
Community Room

THURSDAY

6

10 am
Beginner Mahjong
- Community Room

Noon
Euchre -
Community Room

13

Noon
Euchre -
Community Room

20

10 am
*Online Scams and
Shams with Dan the
Tech Man

Noon
Euchre -
Community Room

27

**HAPPY
THANKSGIVING!**

Branches hours
8 am to Noon

FRIDAY

7

12:30-2 pm
First Friday Senior
Bingo

2 pm
Pitch -
Community Room

14

12:30 pm
Line Dancing -
Studio C

2 pm
Pitch -
Community Room

21

12:30 pm
*12 Month Home
Project -
Community Room

2 pm
Pitch -
Community Room

28

Noon
Euchre - Community Room

2 pm
Pitch - Community Room

4:30 pm
*Mason Jar Candles with
Carla

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.

***Craft: Bead Christmas Trees**

Come create an original piece of Holiday Décor. Registration required by Friday, November 7 at the Membership Desk.

Mexican Train Dominos

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

AOA Knitting, Crochet & Handcrafts Club

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

Line Dancing

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

***Craft: 12 month "Home" Project - "December"**

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 month." Registration required by Monday, November 17.

Intro to Mahjong

Come and learn how to play this tile game.

***Mason Jar Candles with Carla**

Come create a beautiful candle for the Holidays. Registration required.

Online Scams & Shams with Dan the Tech Man

Join technology instructor Daniel Jones as he provides an in-depth look at the world of online threats, from misleading shams to elaborate scams.

Chiropractic Care

Come learn more about the benefits of chiropractic care from the team at Crossroads Chiropractic's. Topics range from general care to special topic like sciatica and migraines.

***UR Thompson Fall Prevention**

Come learn from one of URM's Physical Therapists about how to prevent falls. Registration required.

Project Christmas Tree

Come join us to make some Christmas Ornaments for our AOA Christmas Tree.

AOA Book Club

November's book is One Two Three by Laurie Frankel.