



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Happy New Year! Branch Hours 10 am-2 pm 11 am Euchre - Community Room	2 12:30-2 pm *First Friday Senior Bingo 2 pm Pitch - Community Room
5 10 am Beginner Mahjong - Community Room 12:30 pm Mexican Dominos - Community Room	6 10-11:30 am AOA Open Art - Innovation Station Noon Euchre - Community Room	7 10 am Beginner Mahjong - Community Room Noon Mahjong - Community Room	8 Noon Euchre - Community Room	9 12:30 pm Line Dancing - Studio C 2 pm Pitch Community Room
12 10 am Beginner Mahjong - Community Room 12:30 pm *Craft: Neurographic Art	13 10-11:30 am Maker's Space - Innovation Station Noon Euchre - Community Room	14 Noon Mahjong - Community Room	15 10 am *Craft: Wrap Bracelets - Community Room Noon Euchre - Community Room	16 12:30 pm AOA Ballet Barre - Studio C 2 pm Pitch - Community Room
19 10 am Beginner Mahjong - Community Room 12:30 pm Book Club: When Women Were Dragons by Karen Barnhill - Community Room	20 10 - 11:30 am AOA Open Art - Innovation Station Noon Euchre - Community Room	21 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room	22 10 am *Alzheimer's Association: Building Foundations - Conference Room Noon Euchre - Community Room	23 12:30 pm *12 Month Home Project "February" - Community Room 2 pm Pitch - Community Room
26 10 am Beginner Mahjong - Community Room 12:30 pm *Understanding Age -related Macular Degenerations with Dr. Jared Ebert	27 10 am *Crossroads Chiropractic: General Care Presentation - Conference Room Noon Euchre - Community Room	28 Noon Mahjong - Community Room	29 Noon Euchre - Community Room	30 12:30 pm AOA Knitting, Crochet & Handcraft's Club 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

Arts and Creative Workshops:

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

This is a 12-month project to create a "HOME" sign with an interchangeable "O" for each month. We will meet in the Community Room once a month to create the "next month". Registration required by Monday, January 19.

***Craft: Neurographic Art**

Neurographic Art is a therapeutic and meditative drawing technique that uses specific methods to help calm the mind and relieve stress by connecting to the subconscious. Registration Required by Friday, January 9

***Craft: Wrap Bracelets**

Come learn how to create a beaded adjustable Wrap Bracelet. Registration Required by Monday, January 12.

AOA Open Art

The Innovation Station will be open January 6, January 13 and January 20 for AOA Open Art. Use this time to explore your creative side by learning a new craft/skill or working on a craft that you love.

Games and Social Clubs:

***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. Registration is required for Bingo by Wednesday, December 31.

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.

AOA Book Club

January's book is "When Women Were Dragons" by Karen Barnhill

AOA Ballet Barre

Come to Studio C and explore the benefits of ballet barre. Each month we will explore how basic ballet barre routines can help with posture, strength, and flexibility. Everyone is welcome. This class will be scheduled one Friday per month.

Special Events and Guest Speakers:

***Alzheimer's Association: Building Foundations**

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress. Join us in the Conference Room!

***Chiropractic Care: General Care**

Join us in the Conference Room for a presentation by Crossroads Chiropractic. Topics range from migraine care to sciatica. Registration Required by Monday, January 26.

***Understanding Age-Related Macular Degeneration with Dr Jared Ebert**

Join us in the Community Room with Dr Jared Ebert in Understanding Age-Related Macular Degeneration. A presentation by the Retina Associates of Western NY, P.C. Registration Required by Friday, January 31.