



# ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |
|---|
| 2   |
| <b>10 am</b><br>Beginner Mahjong - Community Room   |
| <b>12:30 pm</b><br>Mexican Dominos - Community Room |
| <b>2 pm</b><br>Cribbage - Community Room            |

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| 3   |
| <b>10-11:30 am</b><br>AOA Open Art - Innovation Station |
| <b>Noon</b><br>Euchre - Community Room                  |

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|---|
| 4                                       |
| <b>Noon</b><br>Mahjong - Community Room |

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| 5  |
| <b>10 am</b><br><b>12 Days of Christmas: Cross Stitch Ornaments Day 1 &amp; 2 - Community Room</b> |
| <b>Noon</b><br>Euchre - Community Room   |

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| 6  |
| <b>12:30-2 pm</b><br>First Friday Senior Bingo |
| <b>2 pm</b><br>Pitch - Community Room          |

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| 9   |
| <b>10 am</b><br>Beginner Mahjong - Community Room               |
| <b>12:30 pm</b><br>Craft: Celtic Knot Keychains- Community Room |
| <b>2 pm</b><br>Cribbage - Community Room                        |

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| 10  |
| <b>10-11:30 am</b><br>AOA Open Art - Innovation Station |
| <b>Noon</b><br>Euchre - Community Room                  |

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| 11   |
| <b>10 am</b><br>Beginner Euchre - Community Room |
| <b>Noon</b><br>Mahjong - Community Room          |

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| 12  |
| <b>10 am</b><br><b>Craft: Wire Words - Community Room</b> |
| <b>Noon</b><br>Euchre - Community Room                    |

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| 13   |
| <b>12:30 pm</b><br>Line Dancing - Studio C |
| <b>2 pm</b><br>Pitch - Community Room      |

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| 16  |
| <b>10 am</b><br>Beginner Mahjong - Community Room                 |
| <b>12:30 pm</b><br>Book Club: "Circle of Friends" by Maeve Binchy |
| <b>2 pm</b><br>Cribbage - Community Room                          |

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| 17  |
| <b>10-11:30 am</b><br>AOA Open Art - Innovation Station |
| <b>Noon</b><br>Euchre - Community Room                  |

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| 18                                      |
| <b>Noon</b><br>Mahjong - Community Room |
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| 19  |
| <b>10 am</b><br>Knitting/Crochet Group - Community Room |
| <b>Noon</b><br>Euchre - Community Room                  |

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| 20  |
| <b>12:30 pm</b><br><b>12 month Home Project: "April" - Community Room</b> |
| <b>2 pm</b><br>Pitch - Community Room                                     |

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| 23   |
| <b>10 am</b><br>Beginner Mahjong - Community Room                                |
| <b>12:30 pm</b><br>In Kahoot's Trivia (Bring your Mobile Phone) - Community Room |
| <b>2 pm</b><br>Cribbage - Community Room   |

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| 24  |
| <b>10-11:30 am</b><br>AOA Open Art - Innovation Station |
| <b>Noon</b><br>Euchre - Community Room                  |

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| 25   |
| <b>10 am</b><br>Beginner Euchre - Community Room |
| <b>Noon</b><br>Mahjong - Community Room          |

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| 26  |
| <b>10 am</b><br><b>Alzheimer's Association: Communicating Effectively - Conference Room</b> |
| <b>Noon</b><br>Euchre - Community Room  |

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| 27                                    |
| <b>12:30 pm</b><br>AOA Ballet Barre   |
| <b>2 pm</b><br>Pitch - Community Room |

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|---|
| 30  |
| <b>10 am</b><br>Beginner Mahjong - Community Room |
| <b>2 pm</b><br>Cribbage - Community Room          |

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| 31                                     |
| <b>Noon</b><br>Euchre - Community Room |
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| <b>Please Note:</b><br>All programs in <b>Blue</b> require online registration at <a href="http://RochesterYMCA.org">RochesterYMCA.org</a> . Registration opens at 10 am on the third Monday of the prior month. |
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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:





# ACTIVE OLDER ADULT DESCRIPTIONS

SANDS FAMILY YMCA | MARCH 2026

Programs in **Blue** require online registration at [RochesterYMCA.org](http://RochesterYMCA.org); registration opens at 10 am on the third Monday of the prior month.

## Arts and Creative Workshops:

### **Craft: 12 month Home Project - "April"**

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, March 16.

### **Craft: Celtic Knot Keychains**

We will be creating beautiful Celtic Knots from cording and beads. Registration required by Friday, March 6.

### **Craft: Wire Words**

We will be creating words wall hangings from wire. Registration required by Monday, March 9.

### **AOA Open Art**

The Innovation Station will be open on March 3, March 10, March 17 and March 24 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.

### **Craft: 12 Days of Christmas**

Come stitch a series of 12 different cross stitch ornaments that represent each day of the classic Christmas Carol. We will be stitching a different ornament each month. Please bring needles, scissors and an embroidery hoop. Register by Monday, March 2.

### **Craft: Spring Garland with Carla**

We will be creating beautiful "Spring Garland" with Carla. Registration required by Monday, March 16.

## 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 now required for Bingo by Wednesday, March 4.

### **AOA Knitting, Crochet & Handcrafts Club**

Come join us for some crafting time on your current project and enjoy time with fellow members and staff.

### **AOA Book Club**

March's Book is "Circle of Friends" by Maeve Binchy.

### **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.

### **In Kahoot's Trivia**

Come test your knowledge and play some Trivia with your AOA friends. Please register by Friday, March 20. Please bring your mobile phone!

### **Cribbage:**

Cribbage is a classic two-to-four player card game where the objective is to score 121 points by forming card combinations (like pairs, runs and sums of 15) and "pegging" them on a board. Players discard cards into a "crib" for the dealer, aiming to create high-scoring hands after a, 30-minute, fast-paced round of play.

## Special Events and Guest Speakers:

### **Alzheimer's Association Presents: Communicating Effectively**

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. Register by Wednesday, March 25.