



# ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  
**Noon**  
Mahjong -  
Community Room

2  
**10 am**  
12 Days of Christmas:  
Cross Stitch Ornaments  
Day 3 & 4 -  
Community Room  
**Noon**  
Euchre -  
Community Room

3  
**12:30-2 pm**  
First Friday Senior  
Bingo  
**2 pm**  
Pitch -  
Community Room

6  
**10 am**  
Beginner Mahjong -  
Community Room  
**12:30 pm**  
Mexican Dominos -  
Community Room  
**2 pm**  
Cribbage -  
Community Room

7  
**10-11:30 am**  
AOA Open Art -  
Innovation Station  
**Noon**  
Euchre -  
Community Room

8  
**10 am**  
Beginner Euchre -  
Community Room  
**Noon**  
Mahjong -  
Community Room

9  
**10 am**  
Learn to Watercolor:  
Session 1 -  
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: Dot Painted Mugs -  
Community Room  
**2 pm**  
Cribbage -  
Community Room

14  
**10-11:30 am**  
Learn to 3D Print -  
Innovation Station  
**Noon**  
Euchre -  
Community Room

15  
**Noon**  
Mahjong -  
Community Room  
**2:15 pm**  
AOA Cornhole -  
Turf Gym

16  
**10 am**  
Learn to Watercolor:  
Session 2 -  
Community Room  
**Noon**  
Euchre -  
Community Room

17  
**12:30 pm**  
AOA Ballet Barre  
**2 pm**  
Pitch -  
Community Room

20  
**10 am**  
Beginner Mahjong -  
Community Room  
**12:30 pm**  
Group Therapy Band  
**2 pm**  
Cribbage -  
Community Room

21  
**10-11:30 am**  
Learn to Laser  
Engrave -  
Innovation Station  
**Noon**  
Euchre -  
Community Room

22  
**10 am**  
Beginner Euchre -  
Community Room  
**Noon**  
Mahjong -  
Community Room  
**2:15 pm**  
AOA Cornhole -  
Turf Gym

23  
**10 am**  
AOA Knitting,  
Crochet &  
Handcrafts Group  
**Noon**  
Euchre -  
Community Room

24  
**12:30 pm**  
12 month Home Project:  
"May" - Community Room  
**2 pm**  
Pitch - Community Room  
**4 pm**  
Craft: Spring Flowers with  
Carla - Community Room

27  
**10 am**  
Beginner Mahjong -  
Community Room  
**12:30 pm**  
Book Club: The Phoenix  
Pencil Company By  
Allison King  
**2 pm**  
Cribbage -  
Community Room

28  
**10-11:30 am**  
Learn to Laser  
Engrave & 3D Print -  
Innovation Station  
**Noon**  
Euchre -  
Community Room

29  
**Noon**  
Mahjong -  
Community Room  
**2:15 pm**  
AOA Cornhole -  
Turf Gym

30  
**10 am**  
Learn to Watercolor:  
Session 3 -  
Community Room  
**Noon**  
Euchre -  
Community Room

**Please Note:**  
All programs in Blue  
require online  
registration at  
RochesterYMCA.org.  
Registration opens  
at 10 am on the  
third Monday of the  
prior month.

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:





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

### **Arts and Creative Workshops:**

#### **Craft: 12 Month Home Project - "MAY"**

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, April 20.

#### **Craft: Dot Painted Mugs**

We will be creating beautiful mugs with dot painted flowers. Please bring a solid-colored mug of your choice. Registration Required by Friday, April 10.

#### **Learn to Watercolor: Three Sessions: April 9, 16 and 30**

This class will be held in three sessions: Thursday, April 9 (Session 1: Basics of Watercolor), Thursday, April 16 (Session 2: Line and wash), Thursday, April 30 (Session 3: Perspective and composition). Must attend all three sessions; registration required by Monday, April 6.

#### **AOA Open Art**

The Innovation Station will be open 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.

#### **Learn to 3D Print**

Join us at Innovation Station for a hands-on introduction to our 3D printers! In this beginner-friendly session, one of our knowledgeable staff members will guide you through the basics of 3D printing. You will learn how the machines work to preparing and sending your first print!

#### **Learn to Laser Engrave**

Discover the creative possibilities of laser engraving at the Innovation Station! In this hands-on session, one of our experienced staff members will introduce you to our laser engravers and walk you through the basics. You will learn how the machine works to setting up and completing your first project.

#### **Craft: Spring Flowers with Carla**

We will be creating beautiful "Spring Flowers" with Carla. Registration Required by Monday, April 20.

### **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 Required for Bingo by Wednesday, April 1.

#### **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**

April's Book is *The Phoenix Pencil Company* by Allison King.

#### **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.

#### **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:**

#### **Concert - Group Therapy**

Group Therapy Country Grass Banjo Band is back! This band will cover bluegrass, rock and folk music. Light refreshments and drinks will be served. Registration Required by Thursday, April 16.