



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
10-11:30 am
Hiking Group:
Sherwood Fields
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
1-2:30 pm
Hiking Group: Powder Mill
Park - Daffodil Meadow Trail
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 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; 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.