



# ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | MAY 2026

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**Please Note:**  
All 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.

10 am **4**  
Beginner Mahjong - Community Room

12:30 pm  
Understanding Age Related Macular Degeneration with Dr. Jared Ebert - Community Room

2 pm  
Cribbage - Community Room

5  
10-11:30 am  
AOA Open Art - Innovation Station

Noon  
Euchre - Community Room

6  
10 am  
12 Days of Christmas: Cross Stitch Ornaments - Community Room

Noon  
Mahjong - Community Room

2:15 pm  
Cornhole

7  
10 am  
CNB Fiancial Fitness for Older Adults - Conference Room

Noon  
Euchre - Community Room

1  
12:30-2 pm  
First Friday Senior Bingo

2 pm  
Pitch - Community Room

8  
12:30 pm  
Let's Dance - Studio C

2 pm  
Pitch - Community Room

11  
10 am  
Beginner Mahjong - Community Room

12:30 pm  
Craft: Button Bouquets - Community Room

2 pm  
Cribbage - Community Room

12  
10-11:30 am  
AOA Open Art - Innovation Station

10-11:30 am  
Hiking Group: Mertensia Park

Noon  
Euchre - Community Room

13  
10 am  
Beginner Euchre-Community Room

Noon  
Mahjong - Community Room

2:15 pm  
AOA Cornhole - Turf Gym

14  
10 am  
Self Publishing with Jan - Conference Room

Noon  
Euchre - Community Room

15  
12:30 pm  
In Kahoots Trivia - Community Room

2 pm  
Pitch - Community Room

18  
10 am  
Beginner Mahjong - Community Room

12:30 pm  
Book Club: Glory Over Everything by Kathleen Gissom

2 pm  
Cribbage - Community Room

19  
10-11:30 am  
AOA Open Art - Innovation Station

Noon  
Euchre - Community Room

20  
Noon  
Mahjong - Community Room

2:15 pm  
AOA Cornhole - Turf Gym

21  
United Way Day of Caring!

10 am  
All about Password with Dan the Tech Man - Conference Room

Noon  
Euchre - Community Room

22  
12:30 pm  
12 month Home Project: "June" - Community Room

2 pm  
Pitch - Community Room

25  
**Happy Memorial Day!**

**Branch Hours: 8 am to Noon**

26  
10-11:30 am  
AOA Open Art - Innovation Station

Noon  
Euchre - Community Room

27  
10 am  
Beginner Euchre-Community Room

Noon  
Mahjong - Community Room

2:15 pm  
AOA Cornhole - Turf Gym

28  
10 am  
Trainer Tips - Get the Most Out Of EGym with Amy Jo

Noon  
Euchre - Community Room

29  
12:30 pm  
AOA Ballet Barre

1-2:30 pm  
Hiking Group: Highland Park

2pm  
Pitch - Community Room

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:





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### Arts and Creative Workshops:

#### **Craft: 12 Month Home Project – “JUNE”**

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 is required by Monday, May 18.

#### **Craft: Button Bouquets**

We will be creating beautiful bouquets with buttons. Registration is required by Friday, May 8.

#### **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.

#### **12 Days of Christmas: Cross Stitch Ornaments Day 5**

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 embroidery hoop. Registration is required by Thursday, April 30.

### 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, April 29.

#### **AOA Let’s Dance**

Come and dance with us each month. Everyone is welcome. This class will always be scheduled for the second Friday of each month.

#### **AOA Book Club**

May’s book is *Glory Over Everything* by Kathleen Grissom.

#### **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.

#### **In Kahoot’s Trivia**

Come test your knowledge and play some Trivia with your AOA friends. Registration is required by Monday, May 11.

### Special Events and Guest Speakers:

#### **Self Publishing with Jan**

Come learn how to self-publish books one of our members. Learn how to independently get your own works out into the world. Registration is required by Monday, May 11.

#### **All About Password with Dan the Tech Man**

Come learn everything you need to know about creating safe and unique passwords. Registration is required by Tuesday, May 19.

#### **CNB’s Financial Fitness for Older Adults**

Join Canandaigua National Bank’s Money Squad for a fun, engaging, and educational presentation on how best to handle your finances post-retirement. We will cover everything from managing income strategies, healthcare, and legacy planning, all while playing a round of Bingo. That’s right, BINGO! When Every Square Means a Safer, Smarter Financial Future. Registration is required by Friday, May 1.

#### **Understanding Age Related Macular Degeneration with Dr. Jared Ebert**

A presentation by the Retina Associates of Western NY, P.C. Registration is required by Friday, May 1.

#### **Trainer Tips: Get the Most Out of EGYM with Amy Jo**

Come discover how to make the most of our EGYM system in this informative and engaging session. You’ll learn how to effectively use the cardio, flexibility, and metabolic features to gain a deeper understanding of your overall physical health. Whether you’re just getting started or looking to enhance your routine, this session will help you maximize your results and feel more confident in your fitness journey.