



MONDAY

1
10 am
 Beginner Mahjong - Community Room

12:30 pm
 Mexican Dominos - Community Room

2 pm
 Cribbage - Community Room

8
10 am
 Beginner Mahjong - Community Room

12:30 pm
 Craft: Safety Pin Flag Pins - Community Room

15
10 am
 Beginner Mahjong - Community Room

12:30 pm
 Book Club: Remarkably Bright Creatures by Shelby Van Pelt - Community Room

2 pm
 Cribbage - Community Room

22
10 am
 Beginner Mahjong - Community Room

12:30 pm
 AOA Knitting, Crochet & Handcraft Club - Community Room

2 pm
 Cribbage - Community Room

29
10 am
 Beginner Mahjong - Community Room

12:30 pm
 Kahoot Trivia & Ice Cream Social - Community Room

2 pm
 Cribbage - Community Room

TUESDAY

2
10 am
 AOA Open Art & Open 3D Printing Workshop - Innovation Station

Noon
 Euchre - Community Room

9
10 am
 Retirement & Required Minimum Distribution (RMD) Strategies - Conference Room

Noon
 Euchre - Community Room

16
10 am
 Open Art - Innovation Station

Noon
 Euchre - Community Room

23
10 am
 Open Art - Innovation Station

Noon
 Euchre - Community Room

30
Noon
 Euchre - Community Room

WEDNESDAY

3
10 am
 Watercolor Group - Community Room

Noon
 Mahjong - Community Room

2:15 pm
 Cornhole - Mickeys Turf

10 am-2 pm
 AOA Celebration - Camp Bay View
 This event is full. We look forward to welcoming all registered participants! Lookout for details about next year's celebration.

10
10 am
 12 Days Of Christmas Cross Stitch Ornaments - Community Room

Noon
 MahJong - Community Room

2:15 pm
 Cornhole - Mickey's Turf

17
10 am
 Watercolor Group - Community Room

Noon
 Mahjong - Community Room

2:15 pm
 Cornhole - Mickey's Turf

24
10 am
 Beginner Euchre - Community Room

Noon
 MahJong - Community Room

2:15 pm
 Cornhole - Mickey's Turf

THURSDAY

4
10 am
 Learn to Watercolor: Session 1 - Community Room

Noon
 Euchre - Community Room

11
10 am
 Learn to Watercolor: Session 2 - Community Room

Noon
 Euchre - Community Room

18
10 am
 Learn to Watercolor: Session 3 - Community Room

Noon
 Euchre - Community Room

25
10 am
 Sands Trainer Tips - Community Room

Noon
 Euchre - Community Room

FRIDAY

5
10 am
 Mahjong - Community Room

12:30 pm
 First Friday Bingo - Community Room

2 pm
 Pitch - Community Room

12
10 am
 Mahjong - Community Room

12:30 pm
 Let's Dance - Studio C

2 pm
 Pitch - Community Room

19
10 am
 Mahjong - Community Room

12:30 pm
 12 Month Home Project: July - Community Room

2 pm
 Pitch - Community Room

26
10 am
 Mahjong - Community Room

12:30 pm
 AOA Ballet Barre - Studio C

SATURDAY

6

13
1 pm
 Teacup Flower Arrangement Class with Pibbons Cottage - Community Room

20

27

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 & Creative Workshops:

Learn to Watercolor: Three Sessions: June 4, 11 & 18

This class will be held in three sessions: Thursday, June 4 (Session 1: Basics of Watercolor), Thursday, June 11 (Session 2: Line and Wash), Thursday, June 18 (Sessions 3: Perspective & Composition). Must attend all three sessions; registration required by Monday, June 1.

Craft: Safety Pin Flag Pins

We will be creating flag pins out of seed beads and safety pins. Registration Required by Friday, June 5.

Teacup Flower Arrangement Class with Pibbons Cottage

Join us for a charming and creative Teacup Flower Arrangement Class with Pibbons Cottage Luxury Wood Flowers! In this hands-on workshop, you'll design a beautiful, lasting floral arrangement using high-quality wood flowers, all styled in an elegant teacup. Perfect for all skill levels, this class offers step-by-step guidance in a relaxed and enjoyable setting. Class is \$40 per person.

Craft: 12 Month "HOME" Project

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, June 15.

12 Days of Christmas: Cross Stitch Ornaments (Day 6)

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 hoops. Registration Required by Monday, June 8

AOA Open Art

The Innovation Station will be open to our AOA Community for 90 minutes so you can explore your creative side by learning a new craft/skill or working on a craft that you love. 3D Printers and Laser Engravers will be available on the first Tuesday of the month.

Watercolor Group

Bring Your Own Project! This group is perfect for artists of all skill levels who want dedicated time to work on their own watercolor pieces in a relaxed, social setting. Bring your current project, supplies and enjoy the opportunity to create alongside others, share ideas and gain inspiration. Come paint, connect and unwind!

Special Events & Guest Speakers:

Retirement & Required Minimum Distribution (RMD) Strategies

What you do today, will determine how you live tomorrow. With a little preparation and guidance, retirement can be anything—and everything—you want it to be. Find out what you can do now to build the future you deserve. Join us for this free info session, Adding stability and protection to your retirement strategy. Registration required by Friday, June 5.

Sands Trainer Tips

Join us for our for an engaging and informative session focused on a variety of health and wellness topics designed to support your overall well-being. Each month, our certified trainers will share expert advice, practical strategies and the latest insights on fitness, nutrition, recovery and healthy lifestyle habits. Whether you're just starting your wellness journey or looking to take your routine to the next level, this presentation offers something for everyone. Come ready to learn, ask questions and gain simple, actionable tips you can incorporate into your daily life.

Games & Social Clubs:

First Friday Bingo

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 runs Monday, May 18-Wednesday, June 3.

AOA Ballet Barre

Come 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 for one Friday per month.

Beginner Euchre

Come and enjoy learning and playing this exciting and social card game. Euchre is a trick-taking game typically played with four players in two partnerships. The game involves a trump suit, and players work to win tricks and achieve the predetermined number of points needed for victory.

Book Club

June's book is Remarkable Bright Creatures by Shelby Van Pelt.

AOA Knitting, Crochet & Handcraft Group

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

Kahoot Trivia & Ice Cream Social

Join us for a fun-filled Trivia & Ice Cream Social! Put your knowledge to the test with exciting trivia questions covering a variety of topics while enjoying time with friends. Come for the competition, stay for the sweet treats and leave with great memories! Registration Required by Friday, June 26.

Mexican Train Dominos (Open Play)

Come join us in the Community Room for some Train Dominos. Beginners are welcome.