



# ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | JULY 2026

| MONDAY                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                   | WEDNESDAY                                                                                                                                                  | THURSDAY                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                        |                                                                                                                                                                           | <b>10 am</b> 1<br>Watercolor Group -<br>Community Room<br><br><b>Noon</b><br>Mahjong -<br>Community Room<br><br><b>2 pm</b><br>AOA Cornhole -<br>Turf Gym  | <b>10 am</b> 2<br><a href="#">Sock Knitting 101:</a><br><a href="#">All About Cuffs</a> -<br>Community Room<br><br><b>Noon</b><br>Euchre -<br>Community Room                                    | <b>10 am</b> 3<br>Mahjong -<br>Community Room<br><br><b>12:30-2 pm</b><br><a href="#">First Friday Senior</a><br><a href="#">Bingo</a><br><br><b>2 pm</b><br>Pitch -<br>Community Room                                                                                      |
| <b>10 am</b> 6<br>Beginner Mahjong -<br>Community Room<br><br><b>2 pm</b><br>Cribbage -<br>Community Room                                                                                                              | <b>Noon</b> 7<br>Euchre -<br>Community Room                                                                                                                               | <b>10 am</b> 8<br>Beginner Euchre -<br>Community Room<br><br><b>Noon</b><br>Mahjong -<br>Community Room<br><br><b>2 pm</b><br>AOA Cornhole -<br>Turf Gym   | <b>10 am</b> 9<br><a href="#">12 Days of Christmas</a><br><a href="#">Cross Stitch</a><br><a href="#">Ornaments: Day 7</a> -<br>Community Room<br><br><b>Noon</b><br>Euchre -<br>Community Room | <b>10 am</b> 10<br>Mahjong -<br>Community Room<br><br><b>12:30 pm</b><br>Let's Dance -<br>Studio C<br><br><b>2 pm</b><br>Pitch -<br>Community Room                                                                                                                          |
| <b>10 am</b> 13<br>Beginner Mahjong -<br>Community Room<br><br><b>12:30 pm</b><br><a href="#">Craft: Beaded Sun</a><br><a href="#">Catchers</a> -<br>Community Room<br><br><b>2 pm</b><br>Cribbage -<br>Community Room | <b>10-11:30 am</b> 14<br><a href="#">Hiking Group: Mt.</a><br><a href="#">Hope Cemetery Tour</a><br><a href="#">\$15</a><br><br><b>Noon</b><br>Euchre -<br>Community Room | <b>10 am</b> 15<br>Watercolor Group -<br>Community Room<br><br><b>Noon</b><br>Mahjong -<br>Community Room<br><br><b>2 pm</b><br>AOA Cornhole -<br>Turf Gym | <b>10 am</b> 16<br><a href="#">Sock Knitting 101:</a><br><a href="#">All About Cuffs</a> -<br>Community Room<br><br><b>Noon</b><br>Euchre -<br>Community Room                                   | <b>10 am</b> 17<br>Mahjong -<br>Community Room<br><br><b>12:30 pm</b><br><a href="#">Kahoot Trivia</a> -<br><a href="#">Community Room</a><br><br><b>2 pm</b><br>Pitch -<br>Community Room                                                                                  |
| <b>10 am</b> 20<br>Beginner Mahjong -<br>Community Room<br><br><b>12:30 pm</b><br>Book Club: Remarkable<br>Bright Creatures by<br>Shelby Van Pelt<br><br><b>2 pm</b><br>Cribbage -<br>Community Room                   | <b>10 am</b> 21<br>Estate Planning with<br>New York Life -<br>Conference Room<br><br><b>Noon</b><br>Euchre -<br>Community Room                                            | <b>10 am</b> 22<br>Beginner Euchre -<br>Community Room<br><br><b>Noon</b><br>Mahjong -<br>Community Room<br><br><b>2 pm</b><br>AOA Cornhole -<br>Turf Gym  | <b>10 am</b> 23<br>2026 Christmas<br>Tree Project -<br>Community Room<br><br><b>Noon</b><br>Euchre -<br>Community Room                                                                          | <b>10 am</b> 24<br>Mahjong -<br>Community Room<br><br><b>12:30 pm</b><br><a href="#">12 month Home Project:</a><br><a href="#">"August"</a> -<br>Community Room<br><br><b>1-2:30 pm</b><br>Hiking Group: Tinker<br>Nature Park<br><br><b>2 pm</b><br>Pitch - Community Room |
| <b>10 am</b> 27<br>Beginner Mahjong -<br>Community Room<br><br><b>12:30 pm</b><br>Knitting/Crochet/<br>Handcrafts Club<br><br><b>2 pm</b><br>Cribbage -<br>Community Room                                              | <b>Noon</b> 28<br>Euchre -<br>Community Room                                                                                                                              | <b>10am</b> 29<br>Watercolor Group -<br>Community Room<br><br><b>Noon</b><br>Mahjong -<br>Community Room<br><br><b>2 pm</b><br>AOA Cornhole -<br>Turf Gym  | <b>10 am</b> 30<br>Trainer Tips: Better<br>Balance with Rachel<br>Gleason<br><br><b>Noon</b><br>Euchre -<br>Community Room                                                                      | <b>10 am</b> 31<br>Mahjong -<br>Community Room<br><br><b>12:30 pm</b><br>AOA Ballet Barre<br><br><b>2 pm</b><br>Pitch -<br>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:





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 - "AUGUST"**

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, July 20.

#### **Craft: Beaded Sun Catchers**

We will be creating sun catchers from beads and wire. Registration required by Friday, July 10.

#### **Sock Knitting 101**

Join us in the Community Room to learn the basics of sock knitting in this fun and beginner-friendly 3-part class series. Participants will learn essential techniques including casting on, knitting in the round, shaping the heel and toe and finishing a wearable pair of socks. Perfect for beginners or knitters looking to build confidence with small projects. Participants should bring their own yarn and knitting needles. Registration required by Monday, June 29.

#### **Estate Planning with New York Life**

Join us in the Conference Room as we discuss the fundamentals of estate planning, including common estate planning terms and definitions, essential estate planning documents, tips to avoiding probate and estate and gift taxation.

Registration required by Monday, July 20.

#### **12 Days of Christmas Cross Stitch Ornaments: Day 7**

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, July 6.

#### **2026 Christmas Tree Project**

Join us in the Community Room for the 2026 AOA Christmas Tree Project and help create beautiful handmade ornaments for this year's AOA tree! Participants will paint and decorate ornaments while enjoying holiday cheer, creativity and community fun. All supplies will be provided.

### 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 by Wednesday, July 1.

#### **Kahoot Trivia**

Join us for a fun-filled Trivia! Put your knowledge to the test with exciting trivia questions covering a variety of topics while enjoying time with friends. Come for the competition and leave with great memories! Registration required by Monday, July 13.

#### **AOA Book Club**

Join fellow readers for our monthly book club discussion! Each month we'll explore a new book, share thoughts and perspectives and enjoy engaging conversation in a relaxed and welcoming setting. All reading interests are welcome. July's book is Remarkable Bright Creatures by Shelby Van Pelt.

#### **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.

### Special Events and Guest Speakers:

#### **Trainer Tips: Better Balance with Rachel Gleason**

Join us 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.