



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10 am Beginner Mahjong - Community Room 12:30 pm Mexican Dominos - Community Room 2 pm Cribbage - Community Room	4 10 am Watercolor Group: Canandaigua Boathouse Part 1 - Community Room Noon Euchre - Community Room	5 10 am Why Opera Is Like Brussels Sprouts - Community Room Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym	6 10 am Sock Knitting 101: Finishing up the toe - Community Room Noon Euchre - Community Room	7 10 am Mahjong - Community Room 2 pm Pitch - Community Room
10 10 am Beginner Mahjong - Community Room 12:30 pm Craft: Mini Beaded Flowers - Community Room 2 pm Cribbage - Community Room	11 10 am Watercolor Group: Canandaigua Boathouse Part 2 - Community Room 10-11:30 am Hiking Group: Mendon Ponds Park Birdsong Fairy Trail Noon Euchre - Community Room	12 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym	13 Noon Euchre - Community Room	14 10 am Mahjong - Community Room 12:30 pm 12 month Home Project: "September" - Community Room 2 pm Pitch - Community Room
17 10 am Beginner Mahjong - Community Room 12:30 pm Book Club: "The Correspondent" by Virginia Evans 2 pm Cribbage - Community Room	18 10 am Child Gifting with New York Life - Conference Room Noon Euchre - Community Room	19 10 am 12 Days of Christmas: Cross Stitch Ornaments - Community Room Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym	20 10 am Dan The Tech Man Presents: Video Chatting 101 Noon Euchre - Community Room	21 10 am Mahjong - Community Room 10-2 pm Salute to Seniors - Ontario Beach Park 2 pm Pitch - Community Room
24 10 am Beginner Mahjong - Community Room 2 pm Cribbage - Community Room	25 10 am Watercolor Group: Canandaigua Boathouse Part 3 - Community Room Noon Euchre - Community Room	26 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym	27 10 am Trainer Tips: EGym Updates & Programs - Community Room Noon Euchre - Community Room	28 10 am Mahjong - Community Room 12:30 pm AOA in Kahoot's Trivia - Community Room 1-2:30 pm Hiking Group: Channing Philbrick Park 2 pm Pitch - Community Room
31 10 am Beginner Mahjong - Community Room 12:30 pm Knitting/Crochet/ Handcrafts Club 2 pm Cribbage - Community Room				

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 – “SEPTEMBER”

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 Wednesday, August 12.

Craft: Mini Beaded Flowers

We will be creating a variety of flowers with seed beads. Registration is required by Friday, August 7.

Sock Knitting 101: Part 3

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.

Child Gifting by New York Life

Join us for an informative presentation on Child Gifting presented by New York Life. Learn how thoughtful gifting strategies can help provide financial support for children and grandchildren while potentially offering long-term financial and estate planning benefits. Whether you're planning for education, future milestones, or creating a lasting legacy, this session will provide valuable insights and practical information. Questions are welcome. Registration is required by Friday, August 14.

12 Days of Christmas Cross Stitch Ornaments: Day 8

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 is required by Monday, August 17.

Watercolor: Canandaigua Boathouses

Join us to explore the beautiful world of watercolor in this three-part painting class! Guided step by step, you'll create a watercolor painting of the Historic Canandaigua Boathouses while learning techniques to build your skills and confidence. Whether you're new to watercolor or have some experience, all skill levels are welcome. Registration is required by Friday, July 25.

Why Opera Is Like Brussels Sprouts -- Finger Lake Opera's Upcoming Presentation of Mozart's The Marriage of Figaro

Ever wonder what opera's all about? In anticipation of Finger Lakes Opera's production this August of The Marriage of Figaro, Y Member Rob Shapiro, who serves as FLO's Board Chair, will give you all the details; how opera works, what to listen for, and how to get the greatest pleasure from this unique, if peculiar, form of entertainment. Some say Figaro is the greatest opera ever composed. Come join us!

Games and Social Clubs:

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 is required by Wednesday, August 26.

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. August's book is The Correspondent by Virginia Evans.

Special Events and Guest Speakers:

Trainer Tips: EGym Updates & Programs With Amy Jo Bugenhagen

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.