



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 am Travel Inspirations 2026: New Adventures for the Young at Heart - Community Room Noon Euchre - Community Room	2 10 am AOA Planning Committee - Community Room Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym	3 10 am Watercolor Postcard #1 - Community Room Noon Euchre - Community Room	4 10 am Mahjong - Community Room 12:30 pm First Friday Bingo - Community Room 2 pm Pitch - Community Room
7 Happy Labor Day! Branch Closed	8 10 am AOA Open Art - Innovation Station Noon Euchre - Community Room	9 10 am Appalachian Trail Talk with Phil Arnold - Community Room 2:15 pm AOA Cornhole - Turf Gym	10 10 am 12 Days of Christmas: Cross Stitch Ornaments Day 9 - Community Room Noon Euchre - Community Room	11 10 am Mahjong - Community Room 12:30 pm Let's Dance! - Studio 2 2 pm Pitch - Community Room
14 10 am Beginner Mahjong - Community Room 12:30 pm Craft: Quilling Pumpkins - Community Room 2 pm Cribbage - Community Room	15 10 am Required Minimum Distributions w/ New York Life - Conference Room 10-11:30 am Hiking Group: Turning Point Park Noon Euchre - Community Room	16 Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym	17 10 am Watercolor Postcard #2 - Community Room Noon Euchre - Community Room	18 10 am Mahjong - Community Room 12:30 pm AOA Kahoot Trivia - Community Room 2 pm Pitch - Community Room
21 10 am Beginner Mahjong - Community Room 12:30 pm Book Club: "Hamnet" by Maggie O'Farrell 2 pm Cribbage - Community Room	22 10 am AOA/Childcare Collaboration: National Ice Cream Cone Day - Community Room Noon Euchre - Community Room	23 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym	24 10 am Trainer Tips: EGym Updates & Programs - Community Room Noon Euchre - Community Room	25 10 am Mahjong - Community Room 1-2:30 pm AOA Seated Tap Class - Studio 2 1-2:20 pm Hiking Group: Mt. Morris Dam Tour - \$1 per person 2 pm Pitch - Community Room
28 10 am Beginner Mahjong - Community Room 12:30 pm 12 Month Home Project - October 2 pm Cribbage - Community Room	29 10 am AOA Knitting, Crochet, Handcrafts Group Noon Euchre - Community Room	30 Noon Mahjong - Community Room 2:15 pm AOA Cornhole - Turf Gym		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:





ACTIVE OLDER ADULT DESCRIPTIONS

SANDS FAMILY YMCA | SEPTEMBER 2026

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 - "OCTOBER"

this is a 12-month project to create a "HOME" sign with an interchangeable "O" for each month. Registration is required by Friday, September 25.

Craft: Quilling Pumpkins

Discover the art of paper quilling while creating a charming pumpkin decoration! Using colorful strips of paper, you'll learn basic quilling techniques to roll, shape and assemble a festive pumpkin that's perfect for celebrating the fall season. This relaxing, beginner-friendly craft is a wonderful way to express your creativity and make a handmade keepsake to display or share. All materials are provided. Registration is required by Friday, September 11.

Required Minimum Distributions by New York Life

You've worked hard and done all the right things to prepare for your retirement. Now keep all that good momentum going by learning why it's important to understand RMD's and have a strategy to protect your retirement lifestyle. Registration is required by Friday, September 11.

12 Days of Christmas Cross Stitch Ornaments: Day 9

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, September 7.

Appalachian Trail Talk with Phil Arnold

Join Phil Arnold as he shares the incredible story of his journey along the legendary Appalachian Trail. Through captivating video and personal experiences, Phil will take you from Georgia to Maine, highlighting the breathtaking scenery, memorable encounters and challenges of hiking one of the world's most iconic long-distance trails. Whether you're an avid hiker, an outdoor enthusiast, or simply enjoy stories of adventure and perseverance, this presentation offers an inspiring look at life on the trail.

Travel Inspirations 2026: New Adventures for the Young at Heart

Dreaming about where to go next? Join us as local travel advisor, Sean Ronnenberg, as he guides us through a fun and friendly hour packed with fresh ideas to inspire your next adventure! We'll explore current trends in travel and exciting destinations, from nearby getaways to far-off bucket-list spots. Plus, you'll hear about tips on comfortable, safe and accessible travel including reminders about current and upcoming travel regulations. Bring your curiosity, your travel stories and maybe even a friend—it's the perfect way to get inspired and start planning your next great trip! Registration is required by Tuesday, August 25.

AOA Seated Tap Dance Class

Discover the joy of tap dancing from the comfort of a chair! This fun, low-impact class is designed for all abilities and is a great way to improve rhythm, coordination and mobility while enjoying music and movement. No prior dance experience is needed - just bring your enthusiasm and get ready to tap your toes, exercise your mind and have fun in a welcoming, supportive environment.

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. Registration is required by Monday, September 14.

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. September's Book is "Hamnet" By Maggie O'Farrell.

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 by Wednesday, September 2.

AOA/Childcare Collaboration for National Ice Cream Cone Day: Volunteers Needed!

Celebrate National Ice Cream Cone Day with a sweet intergenerational event! Join Active Older Adults (AOA) and our Childcare participants for fun, laughter and ice cream. Enjoy making new friends, sharing smiles and creating special memories while celebrating this delicious holiday together. If you are interested in helping email sandi.heacock@rochesterymca.org.