



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			1 10 am 12 Days of Christmas: Cross Stitch Ornaments Day 9 - Community Room Noon Euchre - Community Room	2 10 am Mahjong - Community Room 12:30 pm First Friday Bingo - Community Room 2 pm Pitch - Community Room
5 10 am Beginner Mahjong - Community Room 12:30 pm Mexican Dominos - Community Room	6 10 am UR Medicine Presents: Becoming Health Smart - Community Room 10 am Watercolor Quick Project #1: Hydrangeas - Innovation Station Noon Euchre - Community Room	7 10 am AOA Planning Committee - Community Room Noon Euchre - Community Room	8 11 am Alzheimer's Association Presents: Know the 10 Signs - Conference Room Noon Euchre - Community Room	9 10 am Mahjong - Community Room 12:30 pm Let's Dance! - Studio 2 2 pm Pitch - Community Room
12 10 am Beginner Mahjong - Community Room 12:30 pm Craft: Painted Wooden Mushrooms - Community Room	13 10-11:30 am Hiking Group: Genesee Greenway, Canawaugus Trail 10 am AOA Open Art - Innovation Station Noon Euchre - Community Room	14 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room	15 Noon Euchre - Community Room	16 10 am Mahjong - Community Room 12:30 pm AOA Kahoot Trivia - Community Room 2 pm Pitch - Community Room
19 10 am Beginner Mahjong - Community Room 12:30 pm Book Club: Becoming Madam Secretary by Stephanie Dray	20 10 am Watercolor Quick Project #2: Birch Trees - Community Room Noon Euchre - Community Room	21 Noon Mahjong - Community Room	22 10 am Trainer Tips Presented by the Health & Wellness Team - Community Room Noon Euchre - Community Room	23 10 am Mahjong - Community Room 12:30 pm The Bead Society "Mini Flower Bonquets" - Community Room 2 pm Pitch - Community Room
26 10 am Beginner Mahjong - Community Room 12:30 pm AOA Knitting, Crochet & Handcrafts - Community Room	27 10 am AOA Open Art - Innovation Station Noon Euchre - Community Room	28 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room	29 10 am Watercolor Quick Project #3: Pumpkins - Community Room Noon Euchre - Community Room	30 10 am Mahjong - Community Room 12:30 pm AOA Seated Tap - Studio 2 2 pm Pitch - 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:





ACTIVE OLDER ADULT DESCRIPTIONS

SANDS FAMILY YMCA | OCTOBER 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: Painted Wooden Mushrooms

Get creative and bring a little woodland magic to life! In this fun craft, you'll paint wooden mushrooms and transform them into colorful works of art. Choose your favorite colors, patterns and designs to create unique mushrooms that make a charming addition to your home or garden décor. Registration is required by Friday, October 9.

Alzheimer's Association Presents: Know the 10 Signs

Learn to recognize the 10 early warning signs of Alzheimer's and other forms of dementia. This informative presentation, led by the Alzheimer's Association, will help participants understand what changes in memory and thinking may be normal with aging and what signs may warrant further attention. Gain valuable information, resources and guidance for yourself or someone you care about. Registration is required by Monday, October 5.

Watercolor Quick Project #1: Hydrangeas

A fun, beginner-friendly watercolor project designed to be completed in one session! Participants will learn simple watercolor techniques while creating a beautiful, finished piece to take home. No previous watercolor experience is required—just bring your creativity and have fun! Registration is required by Friday, October 2.

12 Days of Christmas: Cross Stitch Ornaments Day 10

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 28.

Watercolor Quick Project #2: Birch Trees

A fun, beginner-friendly watercolor project designed to be completed in one session! Participants will learn simple watercolor techniques while creating a beautiful, finished piece to take home. No previous watercolor experience is required—just bring your creativity and have fun! Registration is required by Friday, October 16.

The Bead Society: Mini Floral Bouquet

Get ready to string, stitch and sparkle! Join The Bead Society for a year-long beading journey with a new project each month, from beaded flowers to Peyote stitch and more. Whether you're new or experienced, there's always something to learn. 12 months, 12 projects, endless creativity—come bead, learn and connect with fellow crafters. October's project – Mini Floral Bouquets. Registration is required by Friday, October 16.

Watercolor Quick Project #3: Pumpkins

A fun, beginner-friendly watercolor project designed to be completed in one session! Participants will learn simple watercolor techniques while creating a beautiful, finished piece to take home. No previous watercolor experience is required, just bring your creativity and have fun! Registration is required by Friday, October 23.

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. October's Book is "Becoming Madam Secretary" by Stephanie Dray.

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 30.

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.