



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | NOVEMBER 2026

MONDAY

2

11 am
AOA Music Therapy -
Community Room

12:30 pm
Mahjong -
Community Room

2 pm
Cribbage -
Community Room

9

9:30 am
Beginner Mahjong -
Community Room

10 am
Mahjong - Community Room

12:30 pm
Craft: Diamond Art Part 1 -
Community Room

2 pm
Cribbage -
Community Room

16

10 am
Mahjong -
Community Room

12:30 pm
Book Club: The 7 ½ Deaths
of Evelyn Hardcastle by
Stuart Turton

2 pm
Cribbage -
Community Room

23

9:30 am
Beginner Mahjong -
Community Room

10 am
Mahjong - Community Room

12:30 pm
Craft: Diamond Art Part 2 -
Community Room

2 pm
Cribbage - Community Room

30

10 am
Mahjong -
Community Room

2 pm
Cribbage -
Community Room

TUESDAY

3

Noon
Euchre -
Community Room

10

Noon
Euchre -
Community Room

17

10 am
Estate Planning with
New York Life -
Community Room

Noon
Euchre -
Community Room

24

10 am
12 Days of Christmas:
Cross Stitch
Ornaments Day 11 -
Innovation Station

Noon
Euchre -
Community Room

WEDNESDAY

4

Noon
Mahjong -
Community Room

2:15 pm
AOA Corn Hole -
Turf Gym

11

11 am
AOA Planning Committee
- Community Room

Noon
Mahjong -
Community Room

2:15 pm
AOA Corn Hole -
Turf Gym

18

10 am
"The Porch Light Is On" The
Power of Healing Through
Connection -
Community Room

Noon
Mahjong -
Community Room

2:15 pm
AOA Corn Hole -
Turf Gym

25

Noon
Mahjong -
Community Room

2:15 pm
AOA Corn Hole -
Turf Gym

THURSDAY

5

11 am
Watercolor:
Cornucopia -
Community Room

Noon
Euchre -
Community Room

12

10 am
Sands Trainer Tips:
Stretch with Gina -
Community Room

Noon
Euchre -
Community Room

19

10 am
Tech Q&A: Presented
by Dan the Tech Man -
Conference Room

Noon
Euchre -
Community Room

26

**Happy
Thanksgiving!!**
Branch Hours
8 am to Noon

FRIDAY

6

10 am
Mahjong -
Community Room

12:30 pm
First Friday Bingo -
Community Room

2 pm
Pitch -
Community Room

13

10 am
Mahjong -
Community Room

12:30 pm
The Bead Society:
Word Bracelets -
Community Room

2 pm
Pitch -
Community Room

20

10 am
Mahjong -
Community Room

12:30 pm
AOA Trivia -
Community Room

2 pm
Pitch -
Community Room

27

10 am
Mahjong -
Community Room

Noon
Euchre -
Community Room

2 pm
Pitch -
Community Room

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 | NOVEMBER 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: The Bead Society: Word Bracelets

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. November's project is Word Bracelets. Registration is required by Friday, November 6.

AOA Music Therapy

Music therapy uses different elements of music to motivate, structure and facilitate physical functions. This session will focus on increasing range of motion, balance, muscle tone, gait stabilization and overall gross motor function. Popular music from various decades will structure each intervention and provide a fun and motivating environment to work on motor goals and overall health and wellness. Registration is required by Wednesday October 28.

Watercolor Cornucopia

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 30.

12 Days of Christmas: Cross Stitch Ornaments Day 11

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 Friday, November 20.

Diamond Art - 2 Part Class

Join us for a fun and relaxing two-session Diamond Art project! Learn how to create a beautiful sparkling design by placing colorful resin "diamonds" onto a coded adhesive canvas. No previous experience is necessary. All supplies will be provided. Come enjoy some creative time, meet new friends and take home a beautiful, finished project!

Dan The Tech Man Presents: Tech Q&A

Have a technology question? Bring your questions and join us for a casual Tech Q&A session. No question is too simple. Come learn, ask questions and gain confidence using your devices. Registration is required by Monday, November 16.

Estate Planning with New York Life

Join us 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 is required by Friday, November 13.

The Porch Light is on: The Power of Healing through Connection

Come hear Grandpa-T share his inspiring story and discover the power of connection. Join us for a meaningful and uplifting conversation about how relationships, shared experiences, and human connection can make a lasting difference in our lives.

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 Monday, November 16.

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. November's Book is "The 7 ½ Deaths" by Stuart Turton

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, November 4.

Sands Trainer Tips: Stretching with Gina

Stay active, stay strong and feel your best! Join Gina for a fun and practical fitness session designed specifically for older adults. Learn simple ways to improve strength, balance, flexibility and mobility while discovering safe ways to stay active in everyday life. Whether you're just getting started or looking to maintain your fitness, you'll leave with easy-to-follow strategies to help you move with confidence and support your overall health. No fitness experience is necessary, just come ready to move and feel your best!