ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | DECEMBER 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 **Noon** Euchre - Community Room	2 **Noon** Mahjong - Community Room **2:15 pm** AOA Corn Hole - Turf Gym	3 **10 am** Alzheimer's Association Presents: The Empowered Caregiver - Conference Room **Noon** Euchre - Community Room	4 **10 am** Mahjong - Community Room **12:30 pm** First Friday Bingo & White Elephant Gift Exchange - Community Room **2 pm** Pitch - Community Room
7 **9:30 am** Beginner Mahjong - Community Room **10 am** Mahjong - Community Room **12:30 pm** Mexican Dominos - Community Room **2 pm** Cribbage - Community Room	8 **10 am** Watercolor Christmas Card - Innovation Station **Noon** Euchre - Community Room	9 **10 am** Beginner Euchre - Community Room **Noon** Mahjong - Community Room **2:15 pm** AOA Corn Hole - Turf Gym	10 **10 am** 12 Days of Christmas: Cross Stitch Ornaments - Day 12 - Community Room **Noon** Euchre - Community Room	11 **10 am** Mahjong - Community Room **12:30 pm** The Bead Society: Beaded Wreaths - Community Room **2 pm** Pitch - Community Room
14 **9:30 am** Beginner Mahjong - Community Room **10 am** Mahjong - Community Room **12:30 pm** Craft: Glitter Ornaments - Community Room **2 pm** Cribbage - Community Room	15 **10 am** AOA Open Art - Innovation Station **Noon** Euchre - Community Room	16 **Noon** Mahjong Holiday Party - Community Room **2:15 pm** AOA Corn Hole - Turf Gym	17 **10 am** Trainer Tips: Nutrition with Faith - Community Room **Noon** Euchre Holiday Party - Community Room	18 **10 am** Mahjong - Community Room **12:30 pm** AOA Holiday Trivia - Community Room **2 pm** Pitch - Community Room
21 **9:30 am** Beginner Mahjong - Community Room **10 am** Mahjong - Community Room **12:30 pm** Book Club: "Sister In Science" by Olivia Campbell **2 pm** Cribbage - Community Room	22 **10 am** Child Gifting with New York Life - Conference Room **Noon** Euchre - Community Room	**10 am** Beginner Euchre - 23 Community Room **Noon** Mahjong - Community Room **2:15 pm** AOA Corn Hole - Turf Gym	**Branch Hours:** 24 5:30 am-3 pm **10 am** Mahjong - Community Room **Noon** Euchre - Community Room	25 **Merry Christmas!!** Branch Closed
28 **9:30 am** Beginner Mahjong - Community Room **10 am** Mahjong - Community Room **12:30 pm** AOA Knitting, Crochet & Handcrafts Club **2 pm** Cribbage - Community Room	29 **Noon** Euchre - Community Room	30 **Noon** Mahjong - Community Room **2:15 pm** AOA Corn Hole - Turf Gym	**Branch Hours:** 31 5:30 am-3 pm **10 am** Mahjong - Community Room **Noon** Euchre - 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 | DECEMBER 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: Beaded Wreaths

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. December's project is Beaded Wreaths. Registration is required by Friday, December 4.

The Empowered Caregiver: Building Foundations of Caregiving by the Alzheimer's Association

Building Foundations of Caregiving explores the role of caregivers and changes they may experience, building a support team and managing caregiver stress. This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Registration is required by Monday, November 30.

Craft: Glitter Ornaments

Add some sparkle to your holiday season! Join us for a fun and festive craft as we create beautiful glitter ornaments. Choose your favorite colors and let your creativity shine as you make a sparkling decoration for your tree or a special handmade gift to share with someone you love. No crafting experience necessary! Registration is required by Friday, December 11.

12 Days of Christmas: Cross Stitch Ornaments Day 12

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, December 7.

Watercolor Christmas Card

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, December 4.

Child Gifting with 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 legacy, this session will provide valuable insights and practical information. Questions are welcome. Registration is required by Friday, December 18.

Games and Social Clubs:

AOA Holiday 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, December 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. December's Book is "Sisters in Science" by Olivia Campbell.

First Friday Event: AOA Bingo Party & White Elephant Gift Exchange

Come for the fun with Food and Prizes. Everyone is Welcome! This activity will always be scheduled for the first Friday of each month. –This is also our annual "White Elephant" Gift Exchange. If you wish to participate in the "White Elephant", please bring a $10 wrapped gift to exchange. Registration is required by Wednesday, December 2.

Sands Trainer Tips: Nutrition with Faith

Join Sands Personal Trainer Faith for helpful nutrition tips to support your health and wellness. Learn simple, practical ways to make healthier food choices and develop healthy eating habits that fit your lifestyle. Bring your questions and leave with ideas you can put into practice every day!