# ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | NOVEMBER 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>**11 am**<br>AOA Music Therapy - Community Room<br>**12:30 pm**<br>Mahjong - Community Room<br>**2 pm**<br>Cribbage - Community Room | **3**<br>**Noon**<br>Euchre - Community Room | **4**<br>**Noon**<br>Mahjong - Community Room<br>**2:15 pm**<br>AOA Corn Hole - Turf Gym | **5**<br>**10 am**<br>Watercolor: Cornucopia - Community Room<br>**Noon**<br>Euchre - Community Room | **6**<br>**10 am**<br>Mahjong - Community Room<br>**12:30 pm**<br>First Friday Bingo - Community Room<br>**2 pm**<br>Pitch - Community Room |
| **9**<br>**9:30 am**<br>Beginner Mahjong - Community Room<br>**10 am**<br>Mahjong - Community Room<br>**12:30 pm**<br>Craft: Diamond Art Part 1 - Community Room<br>**2 pm**<br>Cribbage - Community Room | **10**<br>**Noon**<br>Euchre - Community Room | **11**<br>**11 am**<br>AOA Planning Committee - Community Room<br>**Noon**<br>Mahjong - Community Room<br>**2:15 pm**<br>AOA Corn Hole - Turf Gym | **12**<br>**10 am**<br>Sands Trainer Tips: Stretch with Gina - Community Room<br>**Noon**<br>Euchre - Community Room | **13**<br>**10 am**<br>Mahjong - Community Room<br>**12:30 pm**<br>The Bead Society: Word Bracelets - Community Room<br>**2 pm**<br>Pitch - Community Room |
| **16**<br>**10 am**<br>Mahjong - Community Room<br>**12:30 pm**<br>Book Club: The 7 ½ Deaths of Evelyn Hardcastle by Stuart Turton<br>**2 pm**<br>Cribbage - Community Room | **17**<br>**10 am**<br>Estate Planning with New York Life - Community Room<br>**Noon**<br>Euchre - Community Room | **18**<br>**10 am**<br>"The Porch Light Is On" The Power of Healing Through Connection - Community Room<br>**Noon**<br>Mahjong - Community Room<br>**2:15 pm**<br>AOA Corn Hole - Turf Gym | **19**<br>**10 am**<br>Tech Q&A: Presented by Dan the Tech Man - Conference Room<br>**Noon**<br>Euchre - Community Room | **20**<br>**10 am**<br>Mahjong - Community Room<br>**12:30 pm**<br>AOA Trivia - Community Room<br>**2 pm**<br>Pitch - Community Room |
| **23**<br>**9:30 am**<br>Beginner Mahjong - Community Room<br>**10 am**<br>Mahjong - Community Room<br>**12:30 pm**<br>Craft: Diamond Art Part 2 - Community Room<br>**2 pm**<br>Cribbage - Community Room | **24**<br>**10 am**<br>12 Days of Christmas: Cross Stitch Ornaments Day 11 - Innovation Station<br>**Noon**<br>Euchre - Community Room | **25**<br>**Noon**<br>Mahjong - Community Room<br>**2:15 pm**<br>AOA Corn Hole - Turf Gym | **26**<br>**Happy Thanksgiving!!**<br>Branch Hours<br>8 am to Noon | **27**<br>**10 am**<br>Mahjong - Community Room<br>**Noon**<br>Euchre - Community Room<br>**2 pm**<br>Pitch - Community Room |
| **30**<br>**10 am**<br>Mahjong - Community Room<br>**2 pm**<br>Cribbage - Community Room | | | | **Please Note:**<br>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.

### Diamord 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!