



ACTIVE ADULT PROGRAMMING NORTHWEST FAMILY BRANCH DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pickleball 6:30 - 9 am 12:45 - 2:30 pm Recipe Exchange Group 12:45 - 2 pm	3 Pickleball 6:30 - 10 am Noon to 2:30 pm Older Adult Time in the Wellness Center with Sanjay 7:30 - 9:45 am Dominoes 10 am - 12:30 pm	4 Pickleball 6:30 - 9 am 1 - 2:30 pm Euchre 10 am - 12:30 pm Older Adult Basketball - West Gym 11 am - 1 pm	5 Pickleball 6:30 - 10 am Noon to 2:30 pm Older Adult Time in the Wellness Center with Sanjay 7:30 - 9:45 am Knitting/Crocheting/ Handcrafting Group 10 am to Noon	6 Pickleball 6:30 - 9 am 12:45 - 2:30 pm
9 Pickleball 6:30 - 9 am 12:45 - 2:30 pm	10 Pickleball 6:30 - 10 am Noon to 2:30 pm Older Adult Time in the Wellness Center with Sanjay 7:30 - 9:45 am Dominoes 10 am - 12:30 pm	11 Pickleball 6:30 - 9 am 1 - 2:30 pm Older Adult Basketball - West Gym 11 am - 1 pm UR Medicine:5 Keys to a Healthy Heart 9 am to Noon	12 Pickleball 6:30 - 10 am Noon to 2:30 pm Older Adult Time in the Wellness Center with Sanjay 7:30 - 9:45 am Knitting/Crocheting/ Handcrafting Group 10 am to Noon	13 Pickleball 6:30 - 9 am 12:45 - 2:30 pm Sign Language Class with Susan Duffy - Sign up at Front Desk & Meet in the Strong Kids Room 12:45 - 1:45 pm
16 Pickleball 6:30 - 9 am 12:45 - 2:30 pm	17 Pickleball 6:30 - 10 am Noon to 2:30 pm Older Adult Time in the Wellness Center with Sanjay 7:30 - 9:45 am Dominoes 10 am - 12:30 pm	18 Pickleball 6:30 - 9 am 1 - 2:30 pm Euchre 10 am - 12:30 pm Older Adult Basketball - West Gym 11 am - 1 pm	19 Pickleball 6:30 - 10 am Noon to 2:30 pm Older Adult Time in the Wellness Center with Sanjay 7:30 - 9:45 am Knitting/Crocheting/ Handcrafting Group 10 am to Noon	20 Pickleball 6:30 - 9 am 12:45 - 2:30 pm Holiday Party/National Ugly Sweater Day. Sign up at Front Desk & Meet in the Strong Kids Room. Optional store bought treat/drink to share 12:45 - 2 pm RocDog Therapy - Meet in the Strong Kids Room 12:45 - 1:45 pm
23 Pickleball 6:30 - 9 am 12:45 - 2:30 pm	24 Happy Holidays!! Branch Hours: 8 am to Noon	25 Branch Closed Merry Christmas! Happy Hanukkah!	26 Happy Kwanza! Pickleball 6:30 - 10 am Noon to 2:30 pm Older Adult Time in the Wellness Center with Sanjay 7:30 - 9:45 am Knitting/Crocheting/ Handcrafting Group 10 am to Noon	27 Pickleball 6:30 - 9 am 12:45 - 2:30 pm
30 Pickleball 6:30 - 9 am 12:45 - 2:30 pm	31 Happy New Year's Eve! Branch Hours: 5:30 am - 2 pm			

Email michelle.bileschi@rochesterymca.org with any questions, interests, or talents!