



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Happy New Year's Day! 1 10 am-2 pm Branch Hours	6:30-10am 2 12:30-2:30pm Pickleball 7:30-9:45am (3 sessions, 45 minutes each) Active Older Adult Time with Sanjay in the Wellness Center	6:30-9am 3 12:45-2:30pm Pickleball
6:30-9am 6 12:45-2:30pm Pickleball 12:45-2pm Recipe Exchange Group	6:30-10am 7 Noon to 2:30pm Pickleball 7:30-9:45am (3 sessions, 45 minutes each) Active Older Adult Time with Sanjay in the Wellness Center 10am-12:30pm Dominoes	6-8am 8 1-2:30pm Pickleball 10am-12:30pm Euchre 11am-1pm Older Adult Basketball - West Gym	6:30-10am 12:30-2:30pm 9 Pickleball 7:30-9:45am (3 sessions, 45 minutes each) Active Older Adult Time with Sanjay in the Wellness Center 10am to Noon Knitting/Crocheting/ Handcrafting Group 11:30am-12:15pm Line Dancing - West Gym	6:30-9am 10 12:45-2:30pm Pickleball
6:30-9am 13 12:45-2:30pm Pickleball	6:30-10am 14 Noon to 2:30pm Pickleball 10am-12:30pm Dominoes	6-8am 15 1-2:30pm Pickleball 10am-12:30pm Euchre 11am-1pm Older Adult Basketball - West Gym	6:30-10am 16 12:30-2:30pm Pickleball 10am to Noon Knitting/Crocheting/ Handcrafting Group 11:30am-12:15pm Line Dancing - West Gym Come and enjoy dancing and meet new friends	6:30-9am 17 12:45-2:30pm Pickleball 12:45pm-1:45pm RocDog Therapy Dogs - Strong Kids Room
6:30-9am 20 12:45-2:30pm Pickleball	6:30-10am 21 Noon to 2:30pm Pickleball 10am-12:30pm Dominoes	6-8am 22 1-2:30pm Pickleball 10am-12:30pm Euchre 11am-1pm Older Adult Basketball - West Gym	6:30-10am 23 12:30-2:30pm Pickleball 10am to Noon Knitting/Crocheting/ Handcrafting Group 11:30am-12:15pm Line Dancing - West Gym Come and enjoy dancing and meet new friends	6:30-9am 24 12:45-2:30pm Pickleball 12:45-1:45pm American Sign Language Class with Susan Duffy
6:30-9am 27 12:45-2:30pm Pickleball	6:30-10am 28 Noon to 2:30pm Pickleball 10am-12:30pm Dominoes	6-8am 29 1-2:30pm Pickleball 11am-1pm Older Adult Basketball - West Gym	6:30-10am 30 12:30-2:30pm Pickleball 10am to Noon Knitting/Crocheting/ Handcrafting Group 11:30am-12:15pm Line Dancing - West Gym Come and enjoy dancing and meet new friends	6:30-9am 31 12:45-2:30pm Pickleball

*Notes that registration is required.

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



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EVENT DESCRIPTIONS

Pickleball

Enjoy a fun paddle sport combining elements of tennis, badminton, and ping-pong. Perfect for players of all skill levels, it's a great way to stay active and socialize. Equipment is provided.

Dominoes

Gather for a relaxed game of dominoes and enjoy friendly competition. Whether you're a seasoned player or a beginner, all are welcome to join in the fun. Bring your best strategies or just your enthusiasm.

Recipe Exchange Group

Share your favorite recipes and discover new ones in this engaging group for food enthusiasts. Swap tips, ideas, and stories about your favorite dishes. A perfect blend of inspiration and connection for all culinary levels.

Active Older Adult Basketball

Shoot hoops and enjoy a great workout in a fun, supportive environment. Whether you're playing for exercise or just love the game, this activity welcomes all ages and abilities. Bring your energy and enjoy some team spirit.

RocDog Therapy Dogs

Spend time with adorable and certified therapy dogs who bring comfort and joy. These furry friends are here to brighten your day and reduce stress. A paws-itively wonderful experience for all ages.

Join the YMCA AOA Facebook Group!
Scan the QR code now and stay
updated on all AOA programming.



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