



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		New Years Day! 1	2	3
6	7	8	8am to Noon Red Cross Blood Drive - Room Closed 9	10
13	14	15	16	17
MLK Day - Room Closed 20	21	22	11:30am-12:30pm How to Change your Brain with Daphne Morrissey 23	24
9:30am-11am Blood Pressure Hours with Rita 27	28	29	30	31

*Notes that registration is required.



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EVENT DESCRIPTIONS

How to Change Your Brain with Daphne Morrissey

Learn simple strategies to boost your brain health and improve focus in this insightful session with Daphne Morrissey. Discover how small changes can make a big difference!

Blood Pressure Office Hours with Rita

Stop by to have your blood pressure checked by Rita and receive tips for maintaining a healthy heart.

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



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