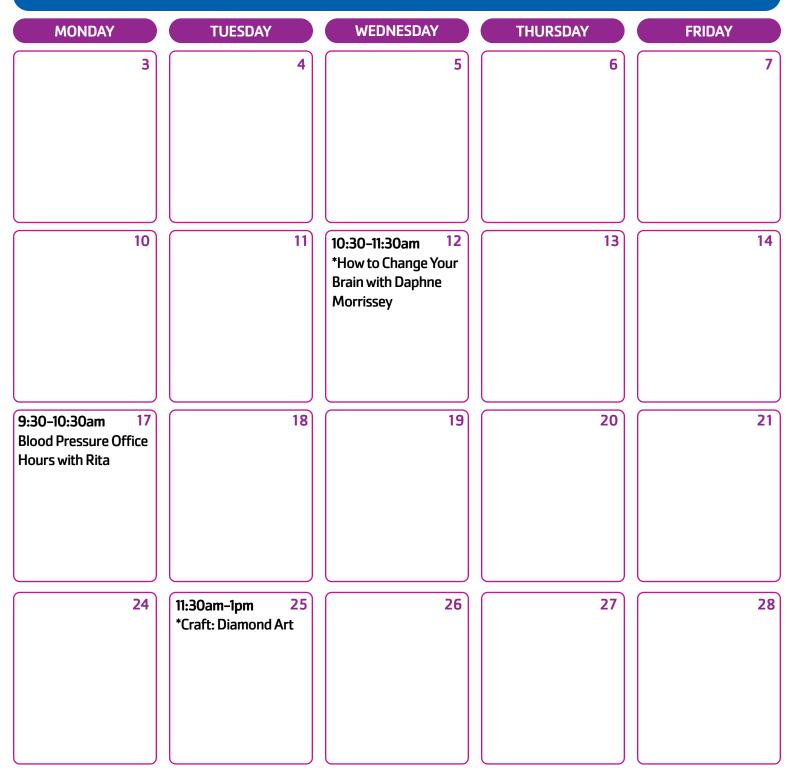
ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | MARCH 2025



Join the Active Older Adults at the YMCA of Greater Rochester Facebook Group! Scan the QR code below!



* Notes registration is required.



EVENT DESCRIPTIONS

How to Change Your Brain

Join Daphne Morrissey for an insightful session on brain health and how to keep your mind sharp. Learn strategies to improve memory, focus, and mental clarity. This session is packed with practical tips to help boost your brain power!

Blood Pressure Office Hours with Rita

Stop by for a quick, free blood pressure check with Rita. Whether you're looking to monitor your heart health or get personalized tips for maintaining healthy blood pressure, Rita is here to help you feel your best.

*Craft: Diamond Art

Get creative with this fun and relaxing craft session! Diamond Art is a perfect way to unwind while creating a stunning piece of artwork. All supplies are provided—just bring your creativity! This session is ideal for crafters of all levels.