



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12 10:30-11:30am *How to Change Your Brain with Daphne Morrissey	13	14
17 9:30-10:30am Blood Pressure Office Hours with Rita	18	19	20	21
24	25 11:30am-1pm *Craft: Diamond Art	26	27	28

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.