



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7:30-9:45am ¹
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each

10am-12:30pm ²
Euchre

7:30-9:45am ³
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each
10am to Noon
Knitting/Crocheting/
Handcrafting Group

12:45-1:45pm ⁴
*Hypnosis with Doug
Jones: Discover the
Benefits & Myths of
Hypnosis -
Strong Kids Room

12:45-2pm ⁷
Recipe Exchange
Group

7:30-9:45am ⁸
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each

10am-12:30pm ⁹
Euchre
11am-1pm
Older Adult
Basketball -
West Gym

7:30-9:45am ¹⁰
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each
10am to Noon
Knitting/Crocheting/
Handcrafting Group

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7:30-9:45am ¹⁵
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each

11am-1pm ¹⁶
Older Adult
Basketball -
West Gym

7:30-9:45am ¹⁷
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each

12:45-1:45pm ¹⁸
ROC Dog Therapy
Dogs - Meet in the
Lounge

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7:30-9:45am ²²
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each

10am-12:30pm ²³
Euchre

7:30-9:45am ²⁴
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each
12:30-1:30pm
*Lunch & Learn: GVPT on
Exercise & how it affects
Cognitive Health - \$8 box
lunch & sign up at Front Desk
- Strong Kids Room

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²⁸

7:30-9:45am ²⁹
AOA Wellness Center
time with Sanjay -
3 sessions
45 minutes each

10am-12:30pm ³⁰
Euchre
11am-1pm
Older Adult Basketball
- West Gym

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



* Notes registration is required.



EVENT DESCRIPTIONS

AOA Wellness Time with Sanjay

Join us in the Wellness Center for Active Older Adult Time with Sanjay, where you'll receive guidance and support in a welcoming environment. This session is perfect for all fitness levels! No registration is needed, just stop by!

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.

***Hypnosis with Doug Jones: Discover the Benefits & Myths of Hypnosis**

Join us in the Strong Kids Room for an insightful session with Doug Jones. Explore the benefits, debunk common myths, and learn how hypnosis can support relaxation and personal growth. This session is perfect for anyone curious about hypnosis, no prior experience needed!

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.

ROC Dog 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.