



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6:30-9am 3</p> <p>12:45-2:30pm</p> <p>Pickleball</p> <p>12:45-2pm</p> <p>Recipe Exchange Group</p>	<p>6:30-10am 4</p> <p>12:30-2:30pm</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>(3 sessions, 45 minutes each) AOA Time with Sanjay in the Wellness Center</p>	<p>5:30-7:45am 5</p> <p>1-2:30pm</p> <p>Pickleball</p> <p>10am-12:30pm</p> <p>Euchre</p> <p>11am-1pm</p> <p>Older Adult Basketball - West Gym</p>	<p>6:30-10am 6</p> <p>12:30-2:30pm</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>(3 sessions, 45 minutes each) AOA Time with Sanjay in the Wellness Center</p> <p>10am to Noon</p> <p>Knitting/Crocheting/Handcrafting Group</p> <p>11:30am-12:15pm</p> <p>Line Dancing - Gym</p>	<p>6:30-9am 7</p> <p>12:45-2:30pm</p> <p>Pickleball</p> <p>1-2pm</p> <p>*Understanding the Internet with Daniel Jones - Strong Kids Room</p>
<p>6:30-9am 10</p> <p>12:45-2:30pm</p> <p>Pickleball</p>	<p>6:30-10am 11</p> <p>12:30-2:30pm</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>(3 sessions, 45 minutes each) AOA Time with Sanjay in the Wellness Center</p>	<p>5:30-7:45am 12</p> <p>1-2:30pm</p> <p>Pickleball</p> <p>10am-12:30pm</p> <p>Euchre</p> <p>11am-1pm</p> <p>Older Adult Basketball - West Gym</p>	<p>6:30-10am 13</p> <p>12:30-2:30pm</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>(3 sessions, 45 minutes each) AOA Time with Sanjay in the Wellness Center</p> <p>10am to Noon</p> <p>Knitting/Crocheting/Handcrafting Group</p> <p>11:30am-12:15pm</p> <p>Line Dancing - Gym</p>	<p>6:30-9am 14</p> <p>12:45-2:30pm</p> <p>Pickleball</p>
<p>6:30-9am 17</p> <p>12:45-2:30pm</p> <p>Pickleball</p> <p>12:45-2pm</p> <p>*St. Patrick's Day Bingo Bash: Wear your favorite shade of Green - Strong Kids Room</p>	<p>6:30-10am 18</p> <p>12:30-2:30pm</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>(3 sessions, 45 minutes each) AOA Time with Sanjay in the Wellness Center</p>	<p>5:30-7:45am 19</p> <p>1-2:30pm</p> <p>Pickleball</p> <p>10am-12:30pm</p> <p>Euchre</p> <p>11am-1pm</p> <p>Older Adult Basketball - West Gym</p>	<p>6:30-10am 20</p> <p>12:30-2:30pm</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>(3 sessions, 45 minutes each) AOA Time with Sanjay in the Wellness Center</p> <p>10am to Noon</p> <p>Knitting/Crocheting/Handcrafting Group</p> <p>11:30am-12:15pm</p> <p>Line Dancing - Gym</p>	<p>6:30-9am 21</p> <p>12:45-2:30pm</p> <p>Pickleball</p> <p>12:45-1:45pm</p> <p>RocDog Therapy Dogs - Lounge</p>
<p>6:30-9am 24</p> <p>12:45-2:30pm</p> <p>Pickleball</p>	<p>6:30-10am 25</p> <p>12:30-2:30pm</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>(3 sessions, 45 minutes each) AOA Time with Sanjay in the Wellness Center</p>	<p>5:30-7:45am 26</p> <p>1-2:30pm</p> <p>Pickleball</p> <p>10am-12:30pm</p> <p>Euchre</p> <p>11am-1pm</p> <p>Older Adult Basketball - West Gym</p>	<p>6:30-10am 12:30-2:30pm 27</p> <p>Pickleball</p> <p>7:30-9:45am</p> <p>AOA Time with Sanjay - Wellness Center</p> <p>10am to Noon</p> <p>Knitting/Crocheting/Handcrafting Group</p> <p>11:30am-12:15pm</p> <p>Line Dancing - Gym</p> <p>Noon to 1pm</p> <p>*Lunch & Learn: Episcopal SeniorLife Communities</p>	<p>6:30-9am 28</p> <p>12:45-2:30pm</p> <p>Pickleball</p>

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



* Notes registration is required.



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.

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 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!

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.

***St. Patrick's Day Bingo Bash**

Celebrate St. Patrick's Day with a fun bingo game! Wear your favorite shade of green and join us in the Strong Kids Room. Optional: Bring a store-bought treat or dish to pass.

***Lunch & Learn with Episcopal SeniorLife Communities**

Join us for the first session in a four-part Lunch & Learn series with Episcopal SeniorLife Communities, focusing on brain health. Enjoy a delicious lunch while learning valuable tips to keep your mind sharp. The cost is \$8 for lunch, and registration is required at the front desk by Tuesday, 3/25. Meet in the Strong Kids Room!