



# ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14 10-10:30 am Meditation: Body Scan with Lisa C.	15	16
19 9:30-10:30 am Blood Pressure Office Hours with Rita	20	21	22	23
26 Happy Memorial Day!	27	28	29	30

Please email [marianne@RochesterYMCA.org](mailto:marianne@RochesterYMCA.org)  
with any questions, concerns, or talents!

\*Notes registration is required.

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

