



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 12:45-2 pm Recipe Exchange Group - Strong Kids Room	6	7 10 am-12:30 pm Euchre - Strong Kids Room 11 am-1 pm Older Adult Basketball - West Gym	8 10am to Noon Knitting/Crocheting/ Handcrafting Group - Strong Kids Room	9 12:45-1:45pm *Introduction to American Sign Language - Strong Kids Room
12	13	14 10 am-12:30 pm Euchre - Strong Kids Room 11 am-1 pm Older Adult Basketball - West Gym	15 10am to Noon Knitting/Crocheting/ Handcrafting Group - Strong Kids Room	16 12:45-1:45pm RocDog Therapy Dogs - Lounge
19 10 am to Noon PB&J Factory - Strong Kids Room 12:45-1:45 pm *Lifespan: Fraud and Scam Prevention - Strong Kids Room	20	21 10 am-12:30 pm Euchre - Strong Kids Room 11 am-1 pm Older Adult Basketball - West Gym	22 10am to Noon Knitting/Crocheting/ Handcrafting Group - Strong Kids Room 12:30-1:30pm *Lunch and Learn: Nutrition/Brain Health - Strong Kids Room (Optional \$8 Lunch)	23 12:15-1:45pm *Fleet Feet Presents: Benefits of Proper Fitting Shoes and Insoles - Strong Kids Room
26	27	28 10 am-12:30 pm Euchre - Strong Kids Room 11 am-1 pm Older Adult Basketball - West Gym	29 10am to Noon Knitting/Crocheting/ Handcrafting Group - Strong Kids Room	30

Please email
Michelle.Bileschi@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:



EVENT DESCRIPTIONS

***Introduction To American Sign Language**

Learn basic signs and how to communicate with someone that is hearing impaired. This is an interactive program with instructor, Sue.

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.

Euchre

Open play. Join us in the Strong Kids Room! Euchre is a trick-taking game typically played with four players in two partnerships. The game involves a trump suit, and players work to win tricks and achieve the predetermined number of points needed for victory.

***Lunch and Learn: Nutrition and Brain Health**

Presented by Julie Montgomery: Nutrition and Brain Health: What is MIND diet? Free seminar with an optional \$8 boxed lunch. Please register at the Member Service Desk.

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.

PB&J Factory

Join us in the Strong Kids Room! We are looking for volunteers to make sandwiches for the House of Mercy general distribution to the areas homeless.

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.

Fleet Feet Presentation

Join us for a presentation on the benefits of proper fitting shoes and insoles!

Lifespan: Preventing Fraud and Scams

Play SCAMO with Justin McCabe of Lifespan, learn about ways for preventing fraud and scams in your daily life.

Knitting/Crocheting/Handcrafting Group

Join us Thursdays in the Strong Kids Room for to work on your crocheting, knitting or handcraft projects and enjoy time with fellow members.