



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 10:30-11:30 am *MVPT presents: Golf - Proper Preparation & Injury prevention with Jon Lippert	4 10-10:30 am *Mindfulness with Vicki Last Call! AOA Celebration Registration Closes at Noon Today!	5	6
9	10	11 9:30 am-2 pm *AOA Celebration at Camp Bay View!	12	13
16 9:30-10:30 am Blood Pressure Office Hours with Rita	17	18	19	20
23	24	25	26	27
30				

Please email 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:

