



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 12:45-2 pm Recipe Exchange Group - Strong Kids Room	3	4 9-11 am Growing Community - Meet in Lobby 10 am-12:30 pm Euchre - Strong Kids Room Last Call! AOA Celebration Registration Closes at Noon Today!	5 9-11 am Growing Community - Meet in Lobby	6 9-11 am Growing Community - Meet in Lobby
9 9-11 am Growing Community - Meet in Lobby	10	11 9:30am-12:30 pm *AOA Celebration Bay View Family YMCA - Registration Required 10 am-12:30 pm Euchre - Strong Kids Room	12 10 am to Noon Puzzle Pals - Strong Kids Room	13 9-11 am Growing Community - Meet in Lobby
16	17 9-11 am Growing Community - Meet in Lobby	18 10 am-12:30 pm Euchre - Strong Kids Room 12:30-1:30 pm Lunch & Learn: The Heart Health and Brain Health Connection - Strong Kids Room	19	20 12:45-1:45 pm RocDog Therapy Dogs - Lounge
23	24 11:30 am-12:30pm *Mandala Art - Wegman Room - Registration Required	25 10 am-12:30 pm Euchre - Strong Kids Room	26 10 am to Noon Puzzle Pals - Strong Kids Room	27 12:30-1:30pm *Senior Helpers: Senior Gems Program - Strong Kids Room
30 12:30-1:30 pm *MVPT Presents: Treating Back Pain - Strong Kids Room - Registration Required				

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

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.

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.

Growing Community

Green Thumb not required. Join us in the Community Garden out back. We are looking for volunteers to help plan, plant, weed, and water this years community garden. We will meet in the lobby and then head back to the garden. Weather permitting each day.

***Lunch and Learn: The Heart Health and Brain Health Connection**

Each month we partner with Episcopal SeniorLife for a presentation and a healthy lunch for \$8.

Puzzle Pals

Join us in the lounge to work on puzzles alongside friends! We have puzzles to work with or bring your own.

***Senior Helpers: Senior Gems Program**

Learn more about the service offerings of Senior Helpers, Bob Wirth will be sharing information and a special treat for those in attendance.

***Mandala Art**

Unleash your inner peace with Mandala Art in the Wegman Room, space is limited so please register.

***MVPT Presents: Treating Back Pain**

Join Chris Amico from MVPT as he discusses back pain prevention and options for dealing with pain.