



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4 Happy 4 th of July! Branch closed but Bay View Aquatic Center open
7	8	9 10-10:30 am *Mindfulness with Vicki	10	11 Saturday, 7/12: 8 am-1 pm Blood Drive
14 9:30-10:30 am Blood Pressure Office Hours with Rita	15	16	17	18
21	22	23	24	25
28	29	30	31	

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:

