



# ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4	5	6 10-10:30 am *Mindfulness with Vickie	7	8 10:30 am to Noon Diamond art with Barb
11	12	13	14	15
18	19	20 9 am-1 pm EGYM staff training - Room closed	21	22
25	26	27	28	29

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:

