



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 12:30 - 1:30 pm *National Ice Cream Sandwich Day! Join us in the Wegman Room
4 12:45-2 pm Recipe Exchange Group - Wegman Room	5 9-11 am Growing Community - Community Garden	6 10 am-12:30 pm Euchre - Wegman Room	7 9-11 am Growing Community - Community Garden	8
11	12 11:15 am-12:15 pm Board Game Day - Wegman Room	13 10 am-12:30 pm Euchre - Wegman Room	14 10-11 am *UR Wilmot Cancer Center Breast Cancer Talk - Wegman Room	15 12:45-1:45 pm RocDog Therapy Dogs - Lounge 12:45 pm AOA Planning Committee (Open to All) - in the Lounge
18 12:30-1:30 pm *Osteoporosis Melanie Nelson, PT, DPT - Wegman Room	19 9-11 am Growing Community - Community Garden	20 10 am-12:30 pm Euchre - Wegman Room	21	22 12:30-1:30 pm Puzzle Pals - Lounge
25	26 9-11 am Growing Community - Community Garden	27 10 am-12:30 pm Euchre - Wegman Room	28	29 12:30-1:30 pm *YMCA App Presentation with Michael Mattina - Wegman Room

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

***Celebrate National Ice Cream Sandwich Day**

Stop into the Wegman Room for an ice cream treat in honor of National Ice Cream Sandwich Day - while supplies last.

***Breast Cancer Talk**

Dr. Anna Weiss Director of Pluta Comprehensive Breast Cancer Program at the Wilmot Cancer Institute will be presenting. Register at the Member Service Desk.

***Presentation on Osteoporosis**

Join Melanie Nelson, PT, DPT for a presentation on Osteoporosis. Please register at the Member Service Desk.

****Game Day**

Making memories one game a time!! We have the games, we need the players. Let's have fun together. Come stop in and have some fun.

Growing Community

Green thumb not required. Join us in the Community Garden. We are looking for volunteers to help plan, plant, weed, and water this year's community garden. We will meet in the lobby and then head back to the garden. Weather permitting.

Puzzle Pals

Join us in the Lounge to work on puzzles alongside friends! We have several puzzles to work with or bring your own from home.

Euchre

Join us in the Wegman 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.

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.

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.

***YMCA App Talk**

Welcome Michael Mattina as he leads a discussion on the many features of the YMCA mobile app. Bring your questions and smart phones, meeting in the Wegman Room.