



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy Labor Day! Branch Closed	2 10:30-11:30 am Silver Sneakers	3 1-2 pm Zumba Gold	4 10:30-11:30 am Silver Sneakers	5 1-2 pm Zumba Gold Saturday 9/6: 9 am to Noon Disability Resource Fair - Corning Glass Museum
8 11 am-12:30 pm In the Kitchen: Global Cuisine	9 10:30-11:30 am Silver Sneakers	10 1-2 pm Zumba Gold	11 10:30-11:30 am Silver Sneakers	12 1-2 pm Zumba Gold
15 11 am-12:30 pm In the Kitchen: Global Cuisine	16 10:30-11:30 am Silver Sneakers	17 1-2 pm Zumba Gold	18 10:30-11:30 am Silver Sneakers	19 1-2 pm Zumba Gold
22 11 am-12:30 pm In the Kitchen: Global Cuisine 1-2 pm Feeling Fit	23 10:30-11:30 am Silver Sneakers	24 10 am Walking Club: Fall Walks 1-2 pm Zumba Gold	25 10:30-11:30 am Silver Sneakers 6-8 pm In the Kitchen: Food For Life. Let's Beat Breast Cancer 6-8 pm Paint Nite	26 1-2 pm Zumba Gold
29 11 am-12:30 pm In the Kitchen: Global Cuisine 1-2 pm Feeling Fit	30 10:30-11:30 am Silver Sneakers			

Please email heather.robbs@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!
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