



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy Labor Day! Branch Closed	2	3 10 am-12:30 pm Euchre - Wegman Room	4 10 am to Noon Knitting/Crocheting /Handcrafting Group - Strong Kids Room	5
8 12:45-2 pm Recipe Exchange Group - Wegman Room	9 9-11 am Growing Community - Community Garden	10 10 am-12:30 pm Euchre - Wegman Room *11 am to Noon Nutrition and Exercise Presentation for Bone Health - Strong Kids Room	11 9-11 am Growing Community - Community Garden 10 am to Noon Knitting/Crocheting/ Handcrafting Group - Wegman Room	12
15 10-11 am Peanut Butter & Jelly Factory - Wegman Room	16	17 10 am-12:30 pm Euchre - Wegman Room	18 10 am to Noon Knitting/Crocheting/ Handcrafting Group - Wegman Room *11 am to Noon Rice Krispie Treat Day - Wegman Room	19 12:45-1:45 pm RocDog Therapy Dogs - Lounge
22	23 9-11 am Growing Community - Community Garden	24 10 am-12:30 pm Euchre - Wegman Room	25 10 am to Noon Knitting/Crocheting/ Handcrafting Group - Wegman Room	26 *12:30-1:30 pm YMCA App Presentation with Michael Mattina - Wegman Room
29 *12:30-1:30 pm MVPT Presents: Upper Body Strengthening - Wegman Room	30			

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

***National Rice Krispie Treat Day**

Stop into the Wegman Room for a delicious treat in honor of National Rice Krispie Treat Day - while supplies last.

***Nutrition and Exercise For Bone Health**

Join Holly Gilligan URM Registered Dietician & Fitness Science Program will be presenting. Meet in the Strong Kids Room and register at the Member Service Desk.

***MVPT Presents: Upper Body Strengthening**

Join Aaron Masters, PT for a presentation on upper body strengthening. Meet in the Wegman Room and register at the Member Service Desk.

Peanut Butter & Jelly Factory

Join us in the Wegman Room. We are looking for volunteers to make sandwiches for the House of Mercy general distribution to the areas homeless.

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.

Knitting/Crocheting/Handcrafting Group

Join us Thursdays in the Wegman Room to work on your crocheting, knitting or handcraft projects and enjoy time with fellow members.

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.