



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 10:30-11:30 am *Coaster Craft
6	7	8 10-10:30 am *Mindfulness with Vickie	9	10
13	14	15	16	17
20	21 11:30 am-12:30 pm *MVPT Presents: Knee Pain	22	23	24
27	28 11:30 am-12:30 pm *Decorate a Fall Pumpkin with Leaves	29 11:30 am-12:30 pm *Crossroads Chiropractic Presents: Sciatica	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:

