



# ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Happy Labor Day! Branch Closed</b>	2	3 <b>10-10:30 am *Mindfulness with Vicki</b>	4	5
8	9	10	11	12
15	16	17 <b>11:30 am-12:30 pm Chiropractic Lecture</b>	18	19
22	23 <b>11:30 am to Noon Balance Exercises with Shane</b>	24 <b>9-11 am Flu Clinic</b>	25	26 <b>10:30-11:15 am QiGong with Amanda</b>
29	30			

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:

