



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10 am-2 pm Sewing Club 11-11:45 am Cooking with Jen from Foodlink Noon to 1 pm Eating with Friends! Congregate Meals	2 10 am-2 pm Sewing Club & a meal with friends	3 9-11 am Quarterback Club Noon to 2 pm • Bingo Friday • Eating with Friends! Congregate Meals
6 9-11 am Quarterback Monday Noon to 1 pm Eating with Friends! Congregate Meals	7 Noon to 2 pm Arts & Crafts with Fancy	8 10 am-2 pm Sewing Club 11-11:45 am Cooking with Jen from Foodlink Noon to 1 pm Eating with Friends! Congregate Meals	9 10 am-2 pm Sewing Club & a meal with friends	10 9-11 am Quarterback Club Noon to 1 pm • UR Presents: MD Eye Health with Christine Coward • Paster Mike: Creating Comfort through Listening 1-2 pm Eating with Friends! Congregate Meals
13 9-11 am Quarterback Monday Noon to 1 pm Eating with Friends! Congregate Meals	14 Noon to 2 pm Arts & Crafts with Fancy & a meal with friends	15 10 am-2 pm Sewing Club Noon to 1 pm Eating with Friends! Congregate Meals	16 10 am-2 pm Sewing Club & a meal with friends	17 9-11 am Quarterback Club Noon to 2 pm Congregate Meals & YMCA IT Department presents: Cyber Awareness & Avoiding Online Scams
20 9-11 am Quarterback Monday Noon to 1 pm Eating with Friends! Congregate Meals	21 Noon to 2 pm Arts & Crafts with Fancy & a meal with friends	22 10 am-2 pm Sewing Club Noon to 1 pm Eating with Friends! Congregate Meals	23 10 am-2 pm Sewing Club & a meal with friends	24 9-11 am Quarterback Club Noon to 2 pm • Paster Mike: Creating Comfort through Listening • Bingo Friday • Eating with Friends! Congregate Meals
27 Noon to 1 pm Eating with Friends! Congregate Meals	28 Noon to 2 pm Arts & Crafts with Fancy & a meal with friends	29 10 am-2 pm Sewing Club Noon to 1 pm Eating with Friends! Congregate Meals	30 10 am-2 pm Sewing Club & a meal with friends	31 9-11 am Quarterback Club Noon to 1 pm Eating with Friends! Congregate Meals

Monday-Friday: Basketball Courts are available from 8 am-2 pm & the Fitness Center is available from 8 am-8 pm. No fee for October programs.

Please email patsy.williams@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:

