



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10 am-12:30 pm Euchre - Wegman Room	2 10 am to Noon Knitting/Crocheting /Handcrafting Group - Strong Kids Room	3
6 12:45-2 pm Recipe Exchange Group - Wegman Room	7	8 10 am-12:30 pm Euchre - Wegman Room	9 10 am to Noon Knitting/Crocheting/ Handcrafting Group - Wegman Room	10
13 12:45-1:45 pm Mandala Art - Wegman Room	14	15 10 am-12:30 pm Euchre - Wegman Room	16 10 am to Noon Knitting/Crocheting/ Handcrafting Group - Wegman Room	17 12:45-1:45 pm RocDog Therapy Dogs - Lounge
20	21 11:15 am National Apple Day Wegman Room	22 10 am-12:30 pm Euchre - Wegman Room	23 10 am to Noon Knitting/Crocheting/ Handcrafting Group - Wegman Room	24 *12:45-1:45 pm Book Club Interest Meeting - Wegman Room
27 *12:30-1:30 pm MVPT Presents: Osteoarthritis - Wegman Room	28	29 10 am-12:30 pm Euchre - Wegman Room	30 10 am to Noon Knitting/Crocheting/ Handcrafting Group - Wegman Room	31 *12:45-1:45 pm Halloween Bingo Bash - Wegman Room

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 Apple Day**

October 21 is National Apple Day! It celebrates the cultural heritage and agricultural significance of apples. This food holiday highlights the rich history of apples, the importance of orchards, and the diversity of apple-based products that are central to many communities.

***MVPT Presents: Osteoarthritis**

Join Tommy Driscoll, DPT, for a presentation on Osteoarthritis. Learn about some of the normal aging processes within the human body, and how we can best manage these changes as we navigate life. The presentation will discuss the relevant anatomy of osteoarthritis, and how both bones and muscles are implicated within this condition. The presentation will not only discuss how physical therapy can help manage osteoarthritis, but other forms of therapy that can be useful in learning how to live with OA.

Northwest Family YMCA Book Club

Join us in the Wegman Room as we launch the Northwest Family YMCA book club. We look forward to seeing you there.

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.