



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | NOVEMBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7

10-10:30 am
*Mindfulness
with Vicki

10

11

12

13

14

11:30 am to Noon
Trainer Talk with
Steve:
Bio-age/EGYM

17

18

19

20

21

11:30 am-1 pm
*Thanksgiving
Lunch in Gym

24

25

26

27

28

**HAPPY
THANKSGIVING!**

Branch hours
8 am to Noon

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:

