



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1-2 pm Feeling Fit	4 10:30-11:30 am Silver Sneakers	5 1-2 pm Zumba Gold	2 10 am to Noon *Food for Life: Lets Beat Breast Cancer 10:30-11:30 am Silver Sneakers	7 1-2 pm Zumba Gold
10 1-2 pm Feeling Fit	11 10:30-11:30 am Silver Sneakers	12 1-2 pm Zumba Gold	13 10:30-11:30 am Silver Sneakers	14 10 am to Noon *Food For Life: Lets Beat Breast Cancer - \$50 for 5 classes total 1-2 pm Zumba Gold
17 1-2 pm Feeling Fit	18 10:30-11:30 am Silver Sneakers	19 1-2 pm Zumba Gold	20 10:30-11:30 am Silver Sneakers	21 10 am to Noon *Food For Life: Lets Beat Breast Cancer - \$50 for 5 classes total 1-2 pm Zumba Gold
24 11 am-12:30 pm *In the Kitchen: Holiday Treats - \$68 for 4 classes 1-2 pm Feeling Fit	25 10:30-11:30 am Silver Sneakers 11 am-12:30 pm *In the Kitchen: Holiday Treats	26 1-2 pm Zumba Gold	27 HAPPY THANKSGIVING! Branch hours 8 am to Noon	28 BLACK FRIDAY!

Please email heather.robbins@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

***Food for Life: Let's Beat Breast Cancer**

Join Food For Life Instructional Chef MaryEllen for this inspiring series. This class is meant to target women over 35 years of age. It will bring to focus the strong connection between diet and cancer, bringing attention to foods that can either discourage or promote cancer growth. The class will emphasize foods that help reduce breast cancer risk and support survivors. Each class features nutrition teaching and a cooking demonstration of delicious, health promoting dishes. Registration required by November 11. \$50 for the session of classes.

***In the Kitchen: Holiday Treats**

Come learn how to make a variety of fun and festive goodies. This class will be led by Chef Nithya. This session will focus on food for the holidays! \$68 for the session of classes.

Note: These classes are not strictly for AOA members but are geared towards Active Older Adults.