ACTIVE OLDER ADULT PROGRAMMING

6

LEWIS STREET YMCA NEIGHBORHOOD CENTER | NOVEMBER 2025

TUESDAY WEDNESDAY **THURSDAY** 3 4 5 **10 am-2 pm** Sewing Club 9-11 am 11 am to Noon 10 am-2 pm Adult Quarterback Club 11-11:45 am Cooking with Jen (Foodlink) Silver Sneakers Sewing Club & Virtual Chair Yoga Meals with Friends 11 am to Noon Silver Sneakers Virtual 11:45 am-12:45 pm Silver Sneaker Virtual Exercise Class Noon to 2 pm Exercise Class Arts & Crafts with Noon to 1 pm Eating with Friends Noon to 1 pm Fancy & Eating with Eating with Friends Friends Congregate Meals Congregate Meals 10 11 12 10 am-2 pm Sewing Club 11 am to Noon Adult Quarterback Club 11-11:45 am Cooking with Jen (Foodlink) Silver Sneakers Virtual Chair Yoga 11 am to Noon Silver Sneakers Virtual 11:45 am-12:45 pm Silver Sneaker Virtual Chair Yoga Noon to 2 pm Exercise Class Arts & Crafts with Noon to 1 pm Fancy & Eating with Noon to 1 pm Eating with Friends Eating with Friends Friends Congregate Meals Congregate Meals 17 18 19 9-11 am 11 am to Noon 10 am-2 pm 10 am-2 pm Sewing Club & Adult Quarterback Club Sewing Club Silver Sneakers

13 14 Adult Quarterback Club 11 am to Noon Silver Sneakers Virtual Exercise 10 am-2 pm Sewing Club & Class Noon to 1 pm UR Presents: Alzheimer's Disease Meals with Friends with Emily Clark, MD Noon to 1 pm Pastor Mike: Comfort & Devine Listenina **1-2 pm**Eating with Friends - Congregate Meals **1-3 pm** Senior 70's Dance

20

27

Virtual Chair Yoga Noon to 2 pm

Arts & Crafts with Fancy & Eating with Friends

25

11:45 am-12:45 pm Silver Sneaker Virtual **Exercise Class**

26

Meals with Friends

21 Adult Quarterback Club

FRIDAY

9-11 am Adult Quarterback Club

11 am to Noon Silver Sneakers Virtual

Noon to 2 pm Pastor Mike: Devine

friends, fun games and activities. Eating with Friends - Congregate Meals

Listening - connecting with

Exercise Class

11 am to Noon Silver Sneakers Virtual Exercise Class

Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends, fun games and activities. Eating with Friends - Congregate Meals

24

Adult Quarterback Club

11 am to Noon

Chair Yoga

Noon to 1 pm

Eating with Friends

Congregate Meals

Silver Sneakers Virtual

11 am to Noon Silver Sneakers Virtual Exercise Class

Noon to 1 pm Eating with Friends Congregate Meals

11 am to Noon Silver Sneakers Virtual Chair Yoga

Noon to 2 pm Arts & Crafts with Fancy & Eating with Friends

10 am-2 pm Sewing Club

Noon to 1 pm

Eating with Friends

Congregate Meals

11:45 am-12:45 pm Silver Sneaker Virtual Exercise Class

Noon to 1 pm Eating with Friends Congregate Meals

28 9-11 am Adult Quarterback Club

11 am to Noon Silver Sneakers Virtual Exercise Class

Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends, fun games and activities. Eating with Friends - Congregate Meals

Please email bridgetg@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:

