



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-11 am Adult Quarterback Club 11 am to Noon Silver Sneakers Virtual Exercise Class Noon to 1 pm Eating with Friends Congregate Meals	4 11 am to Noon Silver Sneakers Virtual Chair Yoga Noon to 2 pm Arts & Crafts with Fancy & Eating with Friends	5 10 am-2 pm Sewing Club 11-11:45 am Cooking with Jen (Foodlink) 11:45 am-12:45 pm Silver Sneaker Virtual Exercise Class Noon to 1 pm Eating with Friends Congregate Meals	6 10 am-2 pm Sewing Club & Meals with Friends	7 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
10 9-11 am Adult Quarterback Club 11 am to Noon Silver Sneakers Virtual Chair Yoga Noon to 1 pm Eating with Friends Congregate Meals	11 11 am to Noon Silver Sneakers Virtual Chair Yoga Noon to 2 pm Arts & Crafts with Fancy & Eating with Friends	12 10 am-2 pm Sewing Club 11-11:45 am Cooking with Jen (Foodlink) 11:45 am-12:45 pm Silver Sneaker Virtual Exercise Class Noon to 1 pm Eating with Friends Congregate Meals	13 10 am-2 pm Sewing Club & Meals with Friends	14 9-11 am Adult Quarterback Club 11 am to Noon Silver Sneakers Virtual Exercise Class Noon to 1 pm UR Presents: Alzheimer's Disease with Emily Clark, MD Noon to 1 pm Pastor Mike: Comfort & Devine Listening 1-2 pm Eating with Friends - Congregate Meals 1-3 pm Senior 70's Dance
17 9-11 am Adult Quarterback Club 11 am to Noon Silver Sneakers Virtual Chair Yoga Noon to 1 pm Eating with Friends Congregate Meals	18 11 am to Noon Silver Sneakers Virtual Chair Yoga Noon to 2 pm Arts & Crafts with Fancy & Eating with Friends	19 10 am-2 pm Sewing Club 11:45 am-12:45 pm Silver Sneaker Virtual Exercise Class Noon to 1 pm Eating with Friends Congregate Meals	20 10 am-2 pm Sewing Club & Meals with Friends	21 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
24 9-11 am Adult Quarterback Club 11 am to Noon Silver Sneakers Virtual Exercise Class Noon to 1 pm Eating with Friends Congregate Meals	25 11 am to Noon Silver Sneakers Virtual Chair Yoga Noon to 2 pm Arts & Crafts with Fancy & Eating with Friends	26 10 am-2 pm Sewing Club 11:45 am-12:45 pm Silver Sneaker Virtual Exercise Class Noon to 1 pm Eating with Friends Congregate Meals	27	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:

