



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 am to Noon *Color Me Mine: Ornament Painting	2	3 10-10:30 am *Mindfulness with Vicki 10:30-11:30 am *Movement, Stress and Sleep with Daphne	4	5
8	9	10 9 am to Noon Healthy Heart, CPR demo and blood pressure monitoring with UR	11	12
15	16 11:30 am- 12:30 pm *Trainer Talk with Shane	17	18	19 Room Closed 9 am-2 pm for a Staff luncheon
22	23	24 Christmas Eve Branch Hours 5:30 am-2 pm	25 MERRY CHRISTMAS! Branch Closed	26
29	30	31 New Years Eve Branch Hours 5:30 am-2 pm		

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:

