



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9-11 am Quarterback Monday Noon to 1 pm Eating with Friends! Congregate Meals	2 Noon to 2 pm Arts & Crafts with Fancy	3 10 am-2 pm Sewing Club 11-11:45 am Cooking with Jen from Foodlink Noon to 1 pm Eating with Friends! Congregate Meals	4 10 am-2 pm Sewing Club & a meal with friends	5 9-11 am Quarterback Club Noon to 2 pm - Bingo Friday - Eating with Friends! Congregate Meals
8 9-11 am Quarterback Monday Noon to 1 pm Eating with Friends! Congregate Meals	9 Noon to 2 pm Arts & Crafts with Fancy	10 10 am-2 pm Sewing Club 11-11:45 am Cooking with Jen from Foodlink Noon to 1 pm Eating with Friends! Congregate Meals	11 10 am-2 pm Sewing Club & a meal with friends	12 9-11 am Quarterback Club Noon to 1 pm - UR Presents: MD Eye Health with Christine Coward - Paster Mike: Creating Comfort through Listening 1-2 pm Eating with Friends! Congregate Meals
15 9-11 am Quarterback Monday Noon to 1 pm Eating with Friends! Congregate Meals	16 Noon to 2 pm Arts & Crafts with Fancy & a meal with friends	17 10 am-2 pm Sewing Club Noon to 1 pm Eating with Friends! Congregate Meals	18 10 am-2 pm Sewing Club & a meal with friends	19 9-11 am Quarterback Club Noon to 2 pm Congregate Meals & YMCA IT Department presents: Cyber Awareness & Avoiding Online Scams
22 9-11 am Quarterback Monday 11 am to Noon Silver Sneakers - YMCA Virtual Circuit Workout Noon to 1 pm Eating with Friends! Congregate Meals	23 11 am to Noon Silver Sneakers - YMCA Virtual Circuit Workout Noon to 2 pm Arts & Crafts with Fancy & a meal with friends	24 Christmas Eve Neighborhood Center Hours: 8 am-2 pm 10 am to Noon Sewing Club 11 am to Noon Silver Sneakers - YMCA Virtual Circuit Workout	25 MERRY CHRISTMAS! Neighborhood Center Closed	26 9-11 am Quarterback Club 11 am to Noon Silver Sneakers - YMCA Virtual Circuit Workout Noon to 2 pm - Paster Mike: Creating Comfort through Listening - Bingo Friday - Eating with Friends! Congregate Meals
29 11 am to Noon Silver Sneakers - YMCA Virtual Circuit Workout Noon to 1 pm Eating with Friends! Congregate Meals	30 11 am to Noon Silver Sneakers - YMCA Virtual Circuit Workout Noon to 2 pm Arts & Crafts with Fancy & a meal with friends	31 New Years Eve Neighborhood Center Hours: 8 am-2 pm 11 am to Noon Silver Sneakers - YMCA Virtual Circuit Workout Noon to 1 pm Eating with Friends! Congregate Meals		

Monday-Friday: Basketball Courts are available from 8 am-2 pm & the

Fitness Center is available from 8 am-8 pm. No fee for December programs. Join the Active Older Adults at the

Please email bridgetg@RochesterYMCA.org
with any questions, concerns, or talents!

*Notes registration is required.

YMCA of Greater Rochester
Facebook Group!

Scan the QR code:

