



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | JANUARY 2026

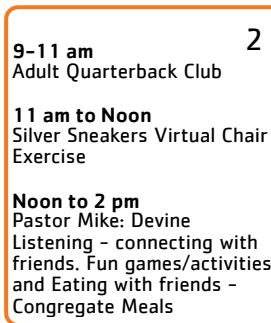
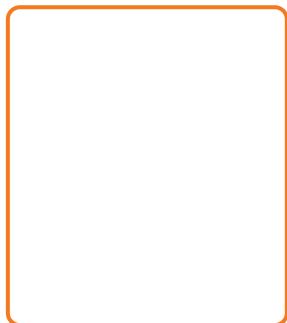
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Yoga
Noon to 1 pm
Eating with Friends Congregate Meals

6

11 am to Noon
Silver Sneakers Virtual Chair Zumba
Noon to 2 pm
Arts and Crafts with Fancy & Eating with Friends

7

10 am-2 pm
Sewing Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 1 pm
Eating with Friends Congregate Meals

8

10 am-2 pm
Sewing Club & Meals with friends

2

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 2 pm
Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals

12

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Yoga
Noon to 1 pm
Eating with Friends Congregate Meals.

13

11 am to Noon
Silver Sneakers Virtual Chair Zumba
Noon to 2 pm
Arts and Crafts with Fancy & Eating with Friends

14

10 am-2 pm
Sewing Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 1 pm
Eating with Friends Congregate Meals

15

10 am-2 pm
Sewing Club & Meals with friends

16

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 2 pm
Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals

19

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Yoga
Noon to 1 pm
Eating with Friends Congregate Meals.

20

11 am to Noon
Silver Sneakers Virtual Chair Zumba
Noon to 2 pm
Arts and Crafts with Fancy & Eating with Friends

21

10 am-2 pm
Sewing Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 1 pm
Eating with Friends Congregate Meals

22

10 am-2 pm
Sewing Club & Meals with friends

23

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 2 pm
Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals

26

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Yoga
Noon to 1 pm
Eating with Friends Congregate Meals.

27

11 am to Noon
Silver Sneakers Virtual Chair Zumba
Noon to 2 pm
Arts and Crafts with Fancy & Eating with Friends

28

10 am-2 pm
Sewing Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 1 pm
Eating with Friends Congregate Meals

29

10 am-2 pm
Sewing Club & Meals with friends

30

9-11 am
Adult Quarterback Club
11 am to Noon
Silver Sneakers Virtual Chair Exercise
Noon to 2 pm
Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals

Please email [NAME]@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:

