



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Happy New Year! Neighborhood Center Hours 10 am-2 pm 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
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	9 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:

