



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Happy New Year! Branch Hours 10 am-2 pm	2 1-2:30 pm Mahjong - Wegman Room
5 12:45-2 pm Recipe Exchange Group - Wegman Room	6 11:15-1 pm Board Game: Bonaza - Wegman Room	7 10 am-12:30 pm Euchre - Wegman Room	8 10 am to Noon Knitting/Crocheting Handcrafting Group- Wegman Room	9 1-2:30 pm Mahjong - Wegman Room
12 11:45 am-1 pm Wooden Magnet Craft Project - Wegman Room	13	14 10 am-12:30 pm Euchre - Wegman Room	15 10 am to Noon Knitting/Crocheting Handcrafting Group- Wegman Room	16 11 am to Noon ROC Dog Therapy Dogs - Lounge 1-2:30 pm Mahjong - Wegman Room
19 12:45-1:45 pm Presentation: Benefits of Chiropractic Care - Wegman Room	20 1-2:30 pm Book Club: Maisie Dobbs by Jacqueline Winspear - Wegman Room	21 10 am-12:30 pm Euchre - Wegman Room	22 10 am to Noon Knitting/Crocheting Handcrafting Group- Wegman Room	23 1-2:30 pm Mahjong - Wegman Room
26 10-11 am Painting Surprise - Wegman Room	27	28 10 am-12:30 pm Euchre - Wegman Room	29 10 am to Noon Knitting/Crocheting Handcrafting Group- Wegman Room 11:15 am-12:30 pm Celebrate Puzzle Day - Lounge	30 1-2:30 pm Mahjong - Wegman Room

Please email michelle.bileschi@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:



EVENT DESCRIPTIONS

Arts and Creative Workshops:

Wooden Magnet Craft Project

Unleash your inner artist while building a keepsake, we will provide the supplies and instruction. Supplies are limited.

Painting Surprise

Join us for a fun craft: painting surprise! you never know what your project will become until you add water.

Knitting, Crocheting and Handcrafting Group

Join us Thursdays in the Wegman Room to work on your crocheting, knitting or handcraft projects and enjoy time with fellow members.

Special Events and Guest Speakers:

Crossroads Chiropractic Presentation: Benefits of Chiropractic Care

Welcome Crossroads Chiropractic as they visit us and present more information on back pain, it's root cause and treatment options.

Games and Social Clubs:

Euchre

Open play. Join us in the Wegman Room! Euchre is a trick-taking game typically played with four players in two partnerships. The game involves a trump suit and players work to win tricks and achieve the predetermined number of points needed for victory.

RocDog Therapy Dogs

Spend time with adorable and certified therapy dogs who bring comfort and joy. These furry friends are here to brighten your day and reduce stress. A paws-itively wonderful experience for all.

Book Club

We meet monthly to discuss our previous book and share our thoughts and takeaways. January we will be reading Maisie Dobbs by Jacqueline Winspear.

Mahjong

Mahjong is a game of skill, strategy and luck. Join us weekly for fun and companionship.

Celebrate Puzzle Day

Join us as we celebrate National Puzzle Day. We will be in the lounge with several puzzles to choose or bring one from home.

Board Game Bonanza

We have several games to play or you can bring in one of your favorites. Come with friends or make some new ones.

Bite-Sized Learning:

Recipe Exchange Group

Share your favorite recipes and discover new ones in this engaging group for food enthusiasts. Swap tips, ideas and stories about your favorite dishes. A perfect blend of inspiration and connection for all culinary levels.