



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | JANUARY 2026

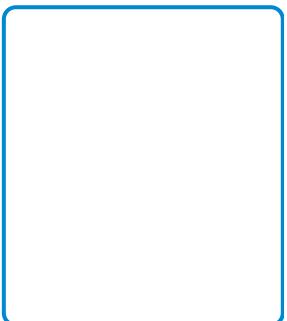
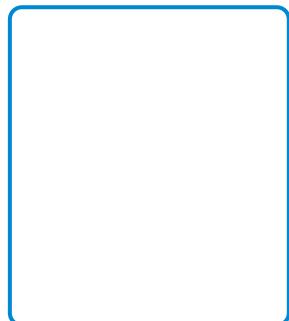
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

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

10 am-12:30 pm
Euchre -
Wegman Room

29

10 am to Noon
Knitting/Crocheting
Handcrafting Group-
Wegman Room

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 chose or bring one from home.

Board Game Bonaza

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.