



# ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

**11:30 am-1 pm**  
Knit & Crochet with Friends: Bring your Current Project

3

4

**11:30 am-12:30 pm**  
MVPT: Ask the Physical Therapist

5

**11:30 am-1 pm**  
Drop-in Game Day: enjoy cards or games

6

9

**11:30 am-1 pm**  
Craft: Make a Coaster/Adult Coloring

10

**11:30 am - 1 pm**  
Presentation: Change Your Brain with Daphne

11

**10-10:30 am**  
Mindfulness with Vicki

12

**11:30 am-1 pm**  
Trivia with Elizabeth: chance to win a prize

13

16

17

**11:30 am-12:30 pm**  
Trainer Talk with Shane: Exertube Exercises for Balance?

18

**11:30 am-12:30 pm**  
MVPT Aging Safely at Home

19

20

23

**9 am-3 pm**  
UR Medicine Mobile Mammography Van

24

**11:30 am-1 pm**  
Craft: Bookmark

25

**10-10:30 am**  
Balance Exercises with Vicki

26

27

30

31

**Please Note:**  
All programs in Blue require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.

Please email [marianne@RochesterYMCA.org](mailto:marianne@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:

