



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | MARCH 2026

MONDAY

9-11 am 2
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual Chair Yoga

Noon to 1 pm
Eating with Friends!
Congregate Meals

9-11 am 9
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual Chair Yoga

Noon to 1 pm
Eating with Friends!
Congregate Meals

9-11 am 16
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual Chair Yoga

Noon to 1 pm
Eating with Friends!
Congregate Meals

9-11 am 23
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual Chair Yoga

Noon to 1 pm
Eating with Friends!
Congregate Meals

9-11 am 30
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual Chair Yoga

Noon to 1 pm
Eating with Friends!
Congregate Meals

TUESDAY

11 am to Noon 3
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities and Eating with Friends
Congregate meals

11 am to Noon 10
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities and Eating with Friends
Congregate meals

11 am to Noon 17
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities and Eating with Friends
Congregate meals

11 am to Noon 24
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities and Eating with Friends
Congregate meals

11 am to Noon 31
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities and Eating with Friends
Congregate meals

WEDNESDAY

10 am-2 pm 4
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Eating with Friends!
Congregate Meals

1-2 pm
Line Dancing with David Inteticchia

10 am-2 pm 11
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Eating with Friends!
Congregate Meals

10 am-2 pm 18
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Eating with Friends!
Congregate Meals

10 am-2 pm 25
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Eating with Friends!
Congregate Meals

10 am-2 pm 31
Sewing Club

THURSDAY

10 am-2 pm 5
Sewing Club

Noon to 1 pm
Eating with Friends!
Congregate Meals

10 am-2 pm 12
Sewing Club

Noon to 1 pm
Eating with Friends!
Congregate Meals

10 am-2 pm 19
Sewing Club

Noon to 1 pm
Eating with Friends!
Congregate Meals

10 am-2 pm 26
Sewing Club

Noon to 1 pm
Eating with Friends!
Congregate Meals

10 am-2 pm 31
Sewing Club

FRIDAY

9-11 am 6
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual

Noon to 2 pm
Pastor Mike: Devine Listening-connecting with friends. Fun games/activities and eating with friends-Congregate Meals

9-11 am 13
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual

Noon to 1 pm
UR Presents: Living Well Despite Challenges - Understanding Palliative Care with Emily Wu, MD

Noon to 2 pm
Pastor Mike: Devine Listening-connecting with friends. Fun games/activities and eating with friends-Congregate Meals

9-11 am 20
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual

Noon to 2 pm
Pastor Mike: Devine Listening-connecting with friends. Fun games/activities and eating with friends-Congregate Meals

9-11 am 27
Adult Quarterback Club

11 am to Noon
SilverSneakers Virtual

Noon to 2 pm
Pastor Mike: Devine Listening-connecting with friends. Fun games/activities and eating with friends-Congregate Meals

9-11 am 31
Adult Quarterback Club

Please email bridgetg@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:

