



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

6

9-10:30 am
Read Across America
Week -
Preschool Rooms

12:45-2 pm
Recipe Exchange
Group -
Wegman Room

9-10:30 am
Read Across
America Week -
Preschool Rooms

9-10:30 am
Read Across America
Week -
Preschool Rooms

10 am-12:30 pm
Euchre -
Wegman Room

11 am to Noon
March Birthday
Celebration - Lounge

9-10:30 am
Read Across America
Week -
Preschool Rooms

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

9-10:30 am
Read Across America
Week -
Preschool Rooms

1-2:30 pm
Mahjong -
Lounge

9

10

11

12

13

11:15 am-12:30 pm
Watercolor Craft
with Mary Ann
Sawyer-Wade -
Wegman Room

10 am-12:30 pm
Euchre -
Wegman Room

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

1-2:30 pm
Mahjong -
Lounge

16

17

18

19

20

12:45-2 pm
Kindness Rocks
Wegman Room

11:15 am-12:30 pm
St. Patrick's Day
Party -
Wegman Room

10 am-12:30 pm
Euchre -
Wegman Room

11 am to Noon
Alzheimer's
Association: Building
Brain Healthy Habits -
Strong Kids Room

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

11:30 am-12:30 pm
Edward Jones
Investments: Coffee
Conversations with
Robert Nestrick -
Lounge

11 am to Noon
RocDog Therapy
Dogs - Lounge

1-2:30 pm
Mahjong -
Lounge

23

24

25

26

27

12:45-2 pm
Spring Equinox
Potted Planting -
Wegman Room

1-2:30 pm
Book Club: The
Ninth House by
Leigh Bardugo -
Wegman Room

10 am-12:30 pm
Euchre -
Wegman Room

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

1-2:30 pm
Mahjong -
Lounge

30

31

9:30-10:30 am
Fun Cooking Demo:
No Bake Chocolate
Chip Energy Balls -
Strong Kids Room

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

Please email Michelle.Bileschi@RochesterYMCA.org
or Sinclaire.Ogof@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:





ACTIVE OLDER ADULT DESCRIPTIONS

NORTHWEST FAMILY YMCA | MARCH 2026

Programs in Purple require online registration at RochesterYMCA.org; registration opens at 10 am on the third Monday of the prior month.

Arts and Creative Workshops

Watercolor Craft with Mary Ann Sawyer-Wade

Join us in the Wegman room as we welcome member Mary Ann Sawyer-Wade as she takes us through a watercolor craft. Unleash your inner creativity and sign up today!

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.

Kindness Rocks

Join us as we paint rocks with uplifting messages or colorful, positive images to then share around our local community and here at the Y to brighten strangers' days!

Spring Equinox Potted Planting

Join us in the Wegman Room to welcome the Spring Equinox as we decorated pots and plant seeds to look forward to the warmer days ahead.

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.

Fun Cooking Tutorial- No Bake Chocolate Chip

Come join us in the Strong Kids Room as we make healthy nutritious No Bake Chocolate Chip Energy Balls.

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. Please join us in the Wegman room, our book selection for March is The Ninth House by Leigh Bardugo

Mahjong

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

St. Patrick's Day Party

Come join us in the Wegman Room as we host BINGO and fun to celebrate the holiday. Come dressed in green and gold to show your pride.

Special Events and Guest Speakers

Read Across America Day

Volunteer opportunity to celebrate the joy of reading with Northwest Preschoolers! Meet up will be in the Wegman Room to get room assignments. Members are encouraged to bring a favorite book to share.

March Birthday Celebration

Are you celebrating your birthday this March? Come celebrate with us with some sweets and treats!

Alzheimer's Association: Building Brain Healthy Habits

Join us as we welcome the Alzheimer's Association as they present on Building Brain Healthy Habits. This course helps covers healthy habits for your brain, the brain-heart connection, why brain health is important at all ages, and how to build a personalized action plan for brain healthy habits.

Edward Jones Investments: Coffee Conversations with Robert Nestrick

Join Financial Advisor, Robert Nestrick with Edward Jones Investments for coffee and a discussion on the latest market trends. Bring your questions for an open discussion.