



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9-10:30 am Read Across America Week - Preschool Rooms</div> <div>12:45-2 pm Recipe Exchange Group - Wegman Room</div>	<div>3</div> <div>9-10:30 am Read Across America Week - Preschool Rooms</div>	<div>4</div> <div>9-10:30 am Read Across America Week - Preschool Rooms</div> <div>10 am-12:30 pm Euchre - Wegman Room</div> <div>11 am to Noon March Birthday Celebration - Lounge</div>	<div>5</div> <div>9-10:30 am Read Across America Week - Preschool Rooms</div> <div>10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room</div>	<div>6</div> <div>9-10:30 am Read Across America Week - Preschool Rooms</div> <div>1-2:30 pm Mahjong - Lounge</div>
<div>9</div>	<div>10</div> <div>11:15 am-12:30 pm Watercolor Craft with Mary Ann Sawyer-Wade - Wegman Room</div>	<div>11</div> <div>10 am-12:30 pm Euchre - Wegman Room</div>	<div>12</div> <div>10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room</div>	<div>13</div> <div>1-2:30 pm Mahjong - Lounge</div>
<div>16</div> <div>12:45-2 pm Kindness Rocks Wegman Room</div>	<div>17</div> <div>11:15 am-12:30 pm St. Patrick's Day Party - Wegman Room</div>	<div>18</div> <div>10 am-12:30 pm Euchre - Wegman Room</div> <div>11 am to Noon Alzheimer's Association: Building Brain Healthy Habits - Strong Kids Room</div>	<div>19</div> <div>10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room</div> <div>11:30 am-12:30 pm Edward Jones Investments: Coffee Conversations with Robert Nestruck - Lounge</div>	<div>20</div> <div>11 am to Noon RocDog Therapy Dogs - Lounge</div> <div>1-2:30 pm Mahjong - Lounge</div>
<div>23</div> <div>12:45-2 pm Spring Equinox Potted Planting - Wegman Room</div>	<div>24</div> <div>1-2:30 pm Book Club: The Ninth House by Leigh Bardugo - Wegman Room</div>	<div>25</div> <div>10 am-12:30 pm Euchre - Wegman Room</div>	<div>26</div> <div>10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room</div>	<div>27</div> <div>1-2:30 pm Mahjong - Lounge</div>
<div>30</div>	<div>31</div> <div>9:30-10:30 am Fun Cooking Demo: No Bake Chocolate Chip Energy Balls - Strong Kids Room</div>			<div>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.</div>

Please email Michelle.Bileschi@RochesterYMCA.org
or Sinclair.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:





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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 Nestruck

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