



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

6

7
11:30 am-12:30 pm
"Movement, Stress and Sleep" with Daphne

8
10-10:30 am
Mindfulness with Vicki

9

10
11:30 am-1 pm
Drop in Game Day

13
11:30 am-1 pm
Craft: Paint a Canvas Pouch & Adult Coloring

14

15
11:30 am-12:30 pm
MVPT Presents: The Importance of Strengthening and Muscle Development

16

17
11:30 am -12:30 pm
Nordic Walking with Elizabeth

20
11:30 am-1 pm
Knit & Crochet with Friends: Bring your Current Project

21

22
10-10:30 am
Balance Exercises with Vicki

23

24
11:30 am-1 pm
Craft: Spring Card Making with Ginny

27
11:30 am-1 pm
Bingo - Chance to win a Prize!

28
11:30 am-12:30 pm
Trainer Talk with Shane: Injury Prevention and Joint Longevity

29

30

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 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:

