



# ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>10 am-2 pm</b> 1 Sewing Club &amp; Basic Computer Skills</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Exercise</p> <p><b>Noon to 1 pm</b> Eating with Friends/ Congregate Meals</p> <p><b>1-2 pm</b> Line Dancing with David Intetlicchia</p>	<p>2</p> <p><b>10 am-2 pm</b> Sewing Club</p> <p><b>Noon to 1 pm</b> Eating with Friends/Congregate Meals</p>	<p>3</p> <p><b>9-11am</b> Adult Quarterback Club</p> <p><b>11 am to Noon</b> Silver Sneakers Virtual Chair Exercise</p> <p><b>Noon to 2 pm</b> Pastor Mike: Devine Listening - connecting with friends. Fun games/activities &amp; Eating with Friends - Congregate Meals</p>
<p>9-11am 6 Adult Quarterback Club</p> <p>10 am-11am Basic Computer Skills</p> <p>11am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1pm Eating with Friends/Congregate Meals</p>	<p>7</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Yoga</p> <p><b>Noon to 2 pm</b> Board Games/Art Activities &amp; Eating with friends - Congregate Meals</p>	<p>10 am-2 pm 8 Sewing Club &amp; Basic Computer Skills</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Exercise</p> <p><b>Noon to 1 pm</b> Eating with Friends/ Congregate Meals</p> <p><b>1-2 pm</b> Line Dancing with David Intetlicchia</p>	<p>9</p> <p><b>10 am-2 pm</b> Sewing Club</p> <p><b>Noon to 1 pm</b> Eating with Friends/Congregate Meals</p>	<p>10</p> <p>9-11am Adult Quarterback Club</p> <p><b>11am to Noon</b> Silver Sneakers Virtual Chair Exercise</p> <p><b>Noon to 1 pm</b> UR Medicine Presentation</p> <p><b>Noon to 2 pm</b> Pastor Mike: Devine Listening - connecting with friends. Fun games/activities &amp; Eating with Friends - Congregate Meals</p>
<p>9-11am 13 Adult Quarterback Club</p> <p>10 am-11am Basic Computer Skills</p> <p>11am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1pm Eating with Friends/Congregate Meals</p>	<p>14</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Yoga</p> <p><b>Noon to 2 pm</b> Board Games/Art Activities &amp; Eating with friends - Congregate Meals</p>	<p>10 am-2 pm 15 Sewing Club &amp; Basic Computer Skills</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Exercise</p> <p><b>Noon to 1 pm</b> Eating with Friends/ Congregate Meals</p> <p><b>1-2 pm</b> Line Dancing with David Intetlicchia</p>	<p>16</p> <p><b>10 am-2 pm</b> Sewing Club</p> <p><b>Noon to 1 pm</b> Eating with Friends/Congregate Meals</p>	<p>17</p> <p>9-11am Adult Quarterback Club</p> <p><b>11 am to Noon</b> Silver Sneakers Virtual Chair Exercise</p> <p><b>Noon to 2 pm</b> Pastor Mike: Devine Listening - connecting with friends. Fun games/activities &amp; Eating with Friends - Congregate Meals</p>
<p>9-11am 20 Adult Quarterback Club</p> <p>10 am-11am Basic Computer Skills</p> <p>11am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1pm Eating with Friends/Congregate Meals</p>	<p>21</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Yoga</p> <p><b>Noon to 2 pm</b> Board Games/Art Activities &amp; Eating with friends - Congregate Meals</p>	<p>10 am-2 pm 22 Sewing Club &amp; Basic Computer Skills</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Exercise</p> <p><b>Noon to 1 pm</b> Eating with Friends/ Congregate Meals</p> <p><b>1-2 pm</b> Line Dancing with David Intetlicchia</p>	<p>23</p> <p><b>10 am-2 pm</b> Sewing Club</p> <p><b>Noon to 1 pm</b> Eating with Friends/Congregate Meals</p>	<p>24</p> <p>9-11am Adult Quarterback Club</p> <p><b>11 am to Noon</b> Silver Sneakers Virtual Chair Exercise</p> <p><b>Noon to 2 pm</b> Pastor Mike: Devine Listening - connecting with friends. Fun games/activities &amp; Eating with Friends - Congregate Meals</p>
<p>9-11am 27 Adult Quarterback Club</p> <p>10 am-11am Basic Computer Skills</p> <p>11am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1pm Eating with Friends/Congregate Meals</p>	<p>28</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Yoga</p> <p><b>Noon to 2 pm</b> Board Games/Art Activities &amp; Eating with friends - Congregate Meals</p>	<p>10 am-2 pm 29 Sewing Club &amp; Basic Computer Skills</p> <p><b>11 am to Noon</b> SilverSneakers Virtual Chair Exercise</p> <p><b>Noon to 1 pm</b> Eating with Friends/ Congregate Meals</p> <p><b>1-2 pm</b> Line Dancing with David Intetlicchia</p>	<p>30</p> <p><b>10 am-2 pm</b> Sewing Club</p> <p><b>Noon to 1 pm</b> Eating with Friends/Congregate Meals</p>	

Please email [bridgetg@RochesterYMCA.org](mailto:bridgetg@RochesterYMCA.org) with any questions, concerns, or talents!  
\*Notes registration is required.

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