



# 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  
10-11:30 am  
Hiking Group: Sherwood Fields

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  
1-2:30 pm  
Hiking Group: Powder Mill Park - Daffodil Meadow Trail  
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](mailto: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:

