



# ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Please Note:**  
All programs in **Blue** require online registration at [RochesterYMCA.org](http://RochesterYMCA.org). Registration opens at 10 am on the third Monday of the prior month.

4

**11:30 am-1 pm**  
Craft: Paint a Succulent Pot and pot a plant

5

**11:30 am-12:30 pm**  
"A Practical Guide to Nutrition" with Daphne

6

7

8

11

**9-10 am**  
Book Club Kickoff Q&A

12

**9:45-10:45 am**  
Trainer Talk with Shane

**10-11:30 am**  
Hiking Group: Mertensia Park

13

**10-10:30 am**  
Mindfulness with Vicki

14

15

**11:30 am-12:15 pm**  
Nordic Walking with Elizabeth

18

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

19

20

**9:30 am-10:30 am**  
MVPT: Aging Safely at Home

21

**United Way Day of Caring!**

22

**11:30 am-1 pm**  
Craft: Spring Birdhouses

25

**Happy Memorial Day!**

**Branch Hours:**  
8 am to Noon

26

27

**10-10:30 am**  
Balance Exercises with Vicki

28

29

**11:30 am-12:30 pm**  
Trivia with Elizabeth

**1-2:30 pm**  
Hiking Group: Highland Park

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:

