



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>10 am-2 pm 1 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends/ Congregate Meals</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>2</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends/Congregate Meals</p>	<p>3</p> <p>9-11am Adult Quarterback Club</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities & 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>11 am to Noon SilverSneakers Virtual Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities & Eating with friends - Congregate Meals</p>	<p>8</p> <p>10 am-2 pm Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends/ Congregate Meals</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>9</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends/Congregate Meals</p>	<p>10</p> <p>9-11am Adult Quarterback Club</p> <p>11am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 1 pm UR Medicine Presentation</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities & 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>10-11:30 am Hiking Group: Sherwood Fields</p> <p>11 am to Noon SilverSneakers Virtual Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities & Eating with friends - Congregate Meals</p>	<p>15</p> <p>10 am-2 pm Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends/ Congregate Meals</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>16</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends/Congregate Meals</p>	<p>17</p> <p>9-11am Adult Quarterback Club</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities & 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>11 am to Noon SilverSneakers Virtual Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities & Eating with friends - Congregate Meals</p>	<p>22</p> <p>10 am-2 pm Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends/ Congregate Meals</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>23</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends/Congregate Meals</p>	<p>24</p> <p>9-11am Adult Quarterback Club</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities & Eating with Friends - Congregate Meals</p> <p>1-2:30 pm Hiking Group: Powder Mill Park - Daffodil Meadow Trail</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>11 am to Noon SilverSneakers Virtual Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities & Eating with friends - Congregate Meals</p>	<p>29</p> <p>10 am-2 pm Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends/ Congregate Meals</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>30</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends/Congregate Meals</p>	

Please email bridgetg@RochesterYMCA.org with any questions, concerns, or talents!
*Notes registration is required.

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