



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9-11 am Adult Quarterback Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals
4 9-11 am Adult Quarterback Club 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends	5 11 am to Noon SilverSneakers Chair Yoga Noon to 2 pm Board Games/Art Activities Noon to 1 pm Congregate Meals: Activities & Eating	6 10 am-2 pm Sewing Club & Basic Computer Skills 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends 1-2 pm Line Dancing with David Intetlicchia	7 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends	8 9-11 am Adult Quarterback Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm UR Medicine: Cancer Screenings Presenter: Katlyn Newberry Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals
11 9-11 am Adult Quarterback Club 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends	12 10-11:30 am Hiking Group: Mertensia Park 11 am to Noon SilverSneakers Chair Yoga Noon to 2 pm Board Games/Art Activities Noon to 1 pm Congregate Meals: Activities & Eating	13 10 am-2 pm Sewing Club & Basic Computer Skills 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends 1-2 pm Line Dancing with David Intetlicchia	14 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends	15 9-11 am Adult Quarterback Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals
18 9-11 am Adult Quarterback Club 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends	19 11 am to Noon SilverSneakers Chair Yoga Noon to 2 pm Board Games/Art Activities Noon to 1 pm Congregate Meals: Activities & Eating	20 10 am-2 pm Sewing Club & Basic Computer Skills 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends 1-2 pm Line Dancing with David Intetlicchia	21 United Way Day of Caring! 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends	22 9-11 am Adult Quarterback Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals
25 Happy Memorial Day! Neighborhood Centers Closed	26 11 am to Noon SilverSneakers Chair Yoga Noon to 2 pm Board Games/Art Activities Noon to 1 pm Congregate Meals: Activities & Eating	27 10 am-2 pm Sewing Club & Basic Computer Skills 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends 1-2 pm Line Dancing with David Intetlicchia	28 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals: Eating with Friends	29 9-11 am Adult Quarterback Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals 1-2:30 pm Hiking Group: Highland Park

Please email bridgetg@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:

