



# ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  
**10 am-12:30 pm**  
Euchre -  
Wegman Room  
  
**11 am to Noon**  
April Birthday  
Celebration -  
Lounge

2  
**10 am to Noon**  
Knitting/Crocheting  
Handcrafting Group -  
Wegman Room  
  
**11:30 am-12:30 pm**  
Athena Middle School  
Theater Production of  
Wizard of Oz-  
Basketball Gym

3  
**11 am to Noon**  
Board Game Friday -  
Lounge  
  
**12:45-1:30 pm**  
Seated Tap Dancing with  
Maria - Beginner Level -  
Wegman Room  
  
**1-2:30 pm**  
Mahjong - Lounge

6  
**12:45-2 pm**  
Recipe Exchange  
Group -  
Wegman Room

7  
**12:45-2 pm**  
Genesee Brewhouse  
Tour - meet at the  
Brewhouse Gift Shop

8  
**10 am-12:30 pm**  
Euchre -  
Wegman Room

9  
**10 am to Noon**  
Knitting/Crocheting  
Handcrafting Group  
-Wegman Room

10  
**1-2:30 pm**  
Mahjong -  
Lounge

13  
**10-11 am**  
Peanut Butter & Jelly  
Factory -  
Wegman Room  
  
**12:45-1:45 pm**  
MVPT Senior Helpers:  
All About Arthritis -  
Strong Kids Room

14  
**10-11:30 am**  
Hiking Group:  
Sherwood Fields  
  
**11:15 am-12:30 pm**  
Birdhouse Making -  
Wegman Room  
  
**12:45-1:45 pm**  
Northwest Community  
Garden Kickoff Meeting -  
Conference Room

15  
**10 am-12:30 pm**  
Euchre -  
Wegman Room  
  
**11 am to Noon**  
Alzheimer's Association:  
10 Warning Signs of  
Alzheimer's and Dementia  
- Strong Kids Room

16  
**10 am to Noon**  
Knitting/Crocheting  
Handcrafting Group -  
Wegman Room  
  
**11:30 am-12:30 pm**  
Edward Jones Investment  
Presentation with Robert  
Nestrick -  
Strong Kids Room

17  
**11 am to Noon**  
RocDog Therapy  
Dogs -  
Lounge  
  
**1-2:30 pm**  
Mahjong -  
Lounge

20  
**10-11 am**  
Seed planting with  
NW Preschool -  
Preschool Rooms

21  
**10-11 am**  
Seed planting with NW  
Preschool -  
Preschool Rooms  
  
**11:15 am-12:30 pm**  
Mandala Art -  
Wegman Room

22  
**10 am-12:30 pm**  
Euchre -  
Wegman Room

23  
**10 am to Noon**  
Knitting/Crocheting  
Handcrafting Group  
- Wegman Room

24  
**12:45-1:45 pm**  
Mayfair Travel Presents:  
Travel Inspirations 2026:  
New Adventures for the  
Young at Heart -  
Wegman Room  
  
**1-2:30 pm**  
Mahjong - Lounge  
  
**1-2:30 pm**  
Hiking Group: Powder  
Mill Park - Daffodil  
Meadow Trail

27

28  
**9:30-10:30 am**  
In the Kitchen:  
Yogurt Parfait -  
Strong Kids Room  
  
**1-2:30 pm**  
Book Club: The  
Personal Librarian by  
Marie Benedict -  
Wegman Room

29  
**10 am-12:30 pm**  
Euchre -  
Wegman Room

30  
**10 am to Noon**  
Knitting/Crocheting  
Handcrafting Group  
- Wegman Room

**Please Note:**  
All programs in  
Orange require online  
registration at  
RochesterYMCA.org.  
Registration opens at  
10 am on the third  
Monday of the prior  
month.

Please email [Michelle.Bileschi@RochesterYMCA.org](mailto:Michelle.Bileschi@RochesterYMCA.org) or [Sinclair.Ogof@RochesterYMCA.org](mailto:Sinclair.Ogof@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:





# ACTIVE OLDER ADULT DESCRIPTIONS

NORTHWEST FAMILY YMCA | APRIL 2026

Programs in **Orange** require online registration at [RochesterYMCA.org](https://RochesterYMCA.org); registration opens at 10 am on the third Monday of the prior month.

## Arts and Creative Workshops

### Knitting/Crocheting and Handcrafting Group

Join us Thursdays in the Wegman Room to work on your crocheting, knitting or handcraft projects and enjoy time with fellow members.

### Birdhouse Making

Join us in the Wegman Room to welcome the start of warmer weather and the spring days ahead by making birdhouses!

### Mandala Art

Join us in the Wegman Room to find your inner zen and relax through mandala art coloring.

## Bite-Sized Learning

### Recipe Exchange Group

Share your favorite recipes and discover new ones in this engaging group for food enthusiasts. Swap tips, ideas and stories about your favorite dishes. A perfect blend of inspiration and connection for all culinary levels.

### In the Kitchen- Yogurt Parfait Bowls

Come join us in the Strong Kids Room as we make healthy and nutritious yogurt parfait bowls.

## Games and Social Clubs

### Euchre

Open play. Join us in the Wegman Room! Euchre is a trick-taking game typically played with four players in two partnerships. The game involves a trump suit and players work to win tricks and achieve the predetermined number of points needed for victory.

### RocDog Therapy Dogs

Spend time with adorable and certified therapy dogs who bring comfort and joy. These furry friends are here to brighten your day and reduce stress. A paws-itively wonderful experience for all.

### Book Club

We meet monthly to discuss our previous book and share our thoughts and takeaways. Please join us in the Wegman room, our book selection for April is "The Personal Librarian" by Marie Benedict.

### Board Game Friday

Join us on the first Friday of the month to play from a wide selection of board games, puzzles and more!

### Mahjong

Mahjong is a game of skill, strategy and luck. Join us weekly for fun and companionship.

## Special Events and Guest Speakers

### April Birthday Celebration

Are you celebrating your birthday this April? Come celebrate with us with some treats!

### Athena Middle School Theater Production of Wizard of Oz

Join us in welcoming Greece Athena Middle School Musical Theatre as they perform some old time classics and songs from the production of the Wizard of Oz.

### Seated Tap Dancing with Maria - Beginner Level

Grab your sneakers, dress shoes or tap shoes and join us for a fun tap dancing experience in the Wegman Room. Westsides AOA Coordinator, Maria, will lead this class! We are seated the entire class and No experience necessary, this will be a beginner class.

### Genesee Brewhouse

Learn more about our local history by joining us for a tour of the Genesee Brewhouse. We will be meeting at the Brewhouse's Gift Shop Area for check-in as registration is required beforehand due to space limitations.

### MVPT Senior Helpers: All about Arthritis

Join us in the Strong Kids Room to learn about the different types of arthritis, which types are most prevalent in the adult population, how it is diagnosed and most importantly how we treat it moving forward.

### Northwest Community Garden Kickoff Meeting

The Northwest Gardening Committee is kicking off for the 2026 planting season and is in need of your input, ideas and participation!

### Alzheimer's Association: 10 Warning Signs of Alzheimer's and Dementia

Join us as in the Strong Kids Room as we welcome the Alzheimer's Association for a presentation on the 10 Warning Signs of Alzheimer's and Dementia. This course helps caregivers recognize common signs of the disease in themselves and others and identify next-steps to take, including how to talk to their doctor.

### Edward Jones Investments: The 4 Pillars of New Retirement

Join us in the Strong Kids Room as we welcome Financial Advisor Robert Nestruck from Edward Jones Investments. This presentation provides an in-depth look at "The Four Pillars of the New Retirement" (health, family, purpose and finances). Attendees will be empowered to think through their own circumstances, goals and challenges so that they can take action today that impacts their quality of life in retirement.

### Seed Planting with Preschool

As a tribute to National Volunteer Week, join us in the Preschool rooms as we plant seeds with them! We will teach them about seeds and gardening and help them start the process of germinating seeds.

### Mayfair Travel: Travel Inspirations 2026: New Adventures for the Young at Heart

Planning a trip this year or next? Want some free travel advice from a local travel advisor? Join us as we welcome Sean Ronnenberg, as he guides us through a fun and friendly travel hour packed with fresh ideas for 2026 adventures!