



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

4

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

11

12:45-1:45 pm
MVPT & Senior Helpers: Fall Prevention: Safe Movement and Mobility at Home - Strong Kids Room

18

12:45-1:45 pm
Weekend Warrior Medicine: Injury Prevention for Pickleball, Golf and Other Activities with Dr. Philip Bechard - Wegman Room

25

Happy Memorial Day!

Branch Hours: 8 am to Noon

5

11:15 am-12:30 pm
Jewelry Making - Wegman Room

12

10-11:30 am
Hiking Group: Mertensia Park

11:15 am-12:30 pm
Diamond Dots Craft - Wegman Room

19

11:15 am-12:30 pm
Jewelry Making - Wegman Room

9:30-10:30 am
In the Kitchen: Fruit Kabobs with Margarita Dip - Strong Kids Room

11:15 am-12:15 pm
Work Smarter Not Harder in the Yard with Dr. Sarah Pace - Wegman Room

1-2:30 pm
Book Club: Destiny of the Republic by Candice Millard - Wegman Room

6

10 am-12:30 pm
Euchre - Wegman Room

11 am to Noon
May Birthday Celebration - Lounge

13

10 am-12:30 pm
Euchre - Wegman Room

10 am-12:30 pm
Euchre - Wegman Room

11 am to Noon
Understanding Alzheimer's and Dementia - Strong Kids Room

27

10 am-12:30 pm
Euchre - Wegman Room

7

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

11:30 am-12:30 pm
Selling Your Home, Your Next Chapter - Strong Kids Room

14

10 am to Noon
Knitting/Crocheting Handcrafting Group - Wegman room

21

United Way Day of Caring!

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

11:30 am-12:30 pm
Edward Jones Investments: Coffee Conversations with Robert Nestruck - Lounge

28

1-2:30 pm
Mahjong - Wegman Room

1-2:30 pm
Hiking Group: Highland Park

1

11 am to Noon
Board Game Friday - Lounge

12:45-1:30 pm
Seated Tap Dance with Maria - Wegman Room

1-2:30 pm
Mahjong - Lounge

8

1-2:30 pm
Mahjong - Wegman Room

15

11 am to Noon
RocDog Therapy Dogs - Lounge

1-2:30 pm
Mahjong - Wegman Room

22

1-2:30 pm
Mahjong - Wegman Room

29

1-2:30 pm
Mahjong - Wegman Room

1-2:30 pm
Hiking Group: Highland Park

Please email Michelle.Bileschi@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:





Programs in **Green** require online registration at 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.

Jewelry Making

Come make homemade jewelry with us! Supplies will include everything from earrings, bracelets and necklaces.

Diamond Dots Craft

Come relax with us as we do another diamond dots craft! This month's theme will be outdoorsy.

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- Fruit Kabobs with Margarita Dip

Come join us in the Strong Kids Room as we make healthy nutritious Fruit Kabobs with Margarita Dip.

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 May is "Destiny of the Republic" by Candice Millard.

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

Intro to Seated Tap

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

May Birthday Celebration

Are you celebrating your birthday this May? Come celebrate with us with some sweets and treats!

Selling Your Home, Your Next Chapter

Join Rebecca Schoening to discuss next steps needed to sell your home. Explain what the market is like and share recommendations and strategies.

MVPT and Senior Helpers: Fall Prevention: Safe Movement and Mobility at Home

Join us in the Strong Kids Room for a fall prevention program focused on helping older adults stay safe, confident and independent.

Weekend Warrior Medicine: Injury Prevention for Pickleball, Golf and Other Activities with Dr. Philip Bechard

Join Dr. Philip Bechard from Mt Hope Chiropractic and Wellness as he discusses ways to prevent injury while staying active in our vibrant sports community.

Alzheimer's Association: Understanding Alzheimer's and Dementia

Join us as in the Strong Kids Room as we welcome the Alzheimer's Association as they present on Understanding Alzheimer's and Dementia. This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Edward Jones Investments: Coffee Conversations with Robert Nestruck

Join Financial Advisor, Robert Nestruck with Edward Jones Investments for coffee and a discussion on the latest market trends. Bring your questions for an open discussion.

Work Smarter not Harder in the Yard: Being Outdoors with Less Pain and Discomfort

Join Dr. Sarah Pace from Pace Family Chiropractic as she discusses how to help active adults learn how to move smarter—not harder—so their body isn't what holds them back.