



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

10 am-2 pm
AOA Celebration -
Camp Bay View
This event is full. We look
forward to welcoming all
registered participants!
Lookout for details about
next year's celebration.

11:30 am-1 pm
Drop in Game Day

8

9

10

11

12

10:15-11:45 am
Craft: Butterfly
Diamond Art

10-11:30 am
Hiking Group: Gosnell
Big Woods Preserve

10-10:30 am
Mindfulness
with Vicki

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

11:30 am-12:30 pm
Trainer Talk with
Shane: Hydration in
Warmer Weather

15

16

17

18

19

10-11:30 am
Patriotic Day
Red/White/Blue
Parfaits

11:30 am-12:30 pm
Foot Strength &
Mobility with Daphne

11:30 am-12:30 pm
Craft: Suncatcher
Crystals

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

Noon to 2:30 pm
Macarollin Food
Truck

22

23

24

25

26

11:15 am to Noon
Nordic Walking with
Elizabeth

10-10:30 am
Balance Exercises
with Vicki

1-2:30 pm
Hiking Group:
Seneca Park Zoo -
Cascade & Falls Trail

29

30

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

Please email 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:

