



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10-11 am 1 Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>11 am to Noon 2 SilverSneakers Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities</p> <p>Noon to 1 pm Congregate Meals: Activities & Eating</p>	<p>10 am-2 pm 3 Sewing Club & Basic Computer Skills</p> <p>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.</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals</p> <p>1-2 pm Line Dancing with David I.</p>	<p>10 am-2 pm 4 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>11 am to Noon 5 SilverSneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals</p>
<p>10-11 am 8 Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>10-11:30 am 9 Hiking Group: Gosnell Big Woods Preserve</p> <p>11 am to Noon SilverSneakers Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities</p> <p>Noon to 1 pm Congregate Meals: Activities & Eating</p>	<p>10 am-2 pm 10 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>10 am-2 pm 11 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>11 am to Noon 12 SilverSneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals</p>
<p>10-11 am 15 Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>11 am to Noon 16 SilverSneakers Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities</p> <p>Noon to 1 pm Congregate Meals: Activities & Eating</p>	<p>10 am-2 pm 17 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>10 am-2 pm 18 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>11 am to Noon 19 SilverSneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals</p>
<p>10-11 am 22 Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>11 am to Noon 23 SilverSneakers Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities</p> <p>Noon to 1 pm Congregate Meals: Activities & Eating</p>	<p>10 am-2 pm 24 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>10 am-2 pm 25 Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p> <p>4-7 pm Lockdown on Violence</p>	<p>11 am to Noon 26 SilverSneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals</p> <p>1-2:30 pm Hiking Group: Seneca Park Zoo - Cascade & Falls Trail</p>
<p>10-11 am 28 Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>11 am to Noon 30 SilverSneakers Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities</p> <p>Noon to 1 pm Congregate Meals: Activities & Eating</p>			

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

Join the Active Older Adults at the
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 Facebook Group!
 Scan the QR code:

