



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10-11 am Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>2</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>3</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>Noon to 1 pm Congregate Meals</p>	<p>4</p> <p>10 am-2 pm 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>5</p> <p>11 am to Noon 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>8</p> <p>10-11 am Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>9</p> <p>10-11:30 am Hiking Group: Gosnell Big Woods Preserve</p> <p>11 am to Noon SilverSneakers Virtual 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</p> <p>10 am-2 pm Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>11</p> <p>10 am-2 pm 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>12</p> <p>11 am to Noon 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>15</p> <p>10-11 am Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>16</p> <p>11 am to Noon SilverSneakers Virtual Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities</p> <p>Noon to 1 pm Congregate Meals: Activities & Eating</p>	<p>17</p> <p>10 am-2 pm Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>18</p> <p>10 am-2 pm 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>19</p> <p>11 am to Noon 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>22</p> <p>10-11 am Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>23</p> <p>11 am to Noon SilverSneakers Virtual Chair Yoga</p> <p>Noon to 2 pm Board Games/Art Activities</p> <p>Noon to 1 pm Congregate Meals: Activities & Eating</p>	<p>24</p> <p>10 am-2 pm Sewing Club & Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p> <p>1-2 pm Line Dancing with David Intetlicchia</p>	<p>25</p> <p>10 am-2 pm 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>26</p> <p>11 am to Noon 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>28</p> <p>10-11 am Basic Computer Skills</p> <p>11 am to Noon SilverSneakers Chair Exercise with Ruth Redman</p> <p>Noon to 1 pm Congregate Meals: Eating with Friends</p>	<p>30</p> <p>11 am to Noon SilverSneakers Virtual 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:

