



# ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | JUNE 2026

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

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

2

**9:15-11 am**  
Community Garden Open Hours

3

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

4

**9:15-11 am**  
Community Garden Open Hours

5

**11 am to Noon**  
Board Game Friday-Lounge  
  
**1-2:30 pm**  
Mahjong - Wegman Room

8

**10-11 am**  
Peanut Butter & Jelly Factory - Wegman Room  
  
**12:45-1:45 pm**  
MVPT: Importance in Muscle Strengthening & Development - Wegman Room

9

**9:15-11 am**  
Community Garden Open Hours  
  
**10-11:30 am**  
Hiking Group: Gosnell Big Woods Preserve

10

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

11

**9:15-11 am**  
Community Garden Open Hours

12

**1-2:30 pm**  
Mahjong - Wegman Room

15

**9:15-11 am**  
Community Garden Open Hours  
  
**12:45-2 pm**  
Watercolor Craft with Mary Ann Sawyer-Wade - Wegman Room

16

**10 am-12:30 pm**  
Euchre - Wegman Room  
  
**11 am to Noon**  
Alzheimer's Association Presents: Exploring Care & Support Services-Strong Kids Room

18

**9:15-11 am**  
Community Garden Open Hours  
  
**11:30 am-12:30 pm**  
Edward Jones Investments: Retirement: Making your money last - Wegman Room

19

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

22

**9:15-11 am**  
Community Garden Open Hours  
  
**1-2:30 pm**  
Book Club: The Secret Lives of Murderers' Wives by Elizabeth Arnott - Wegman Room

23

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

25

**9:15-11 am**  
Community Garden Open Hours

26

**1-2:30 pm**  
Mahjong - Wegman Room  
  
**1-2:30 pm**  
Hiking Group: Seneca Park Zoo - Cascade & Fall Trails

29

**12:45-2 pm**  
Craft: Suncatcher - Wegman Room

30

**9:15-11 am**  
Community Garden Open Hours  
  
**11:15 am-12:15 pm**  
Simple Habits for Energy, Strength and Longevity with Dr. Sarah Pace - Wegman Room

**Please Note:**  
All programs in Purple require online registration at [RochesterYMCA.org](https://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) 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:

