



# ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

6

**11:30 am-1 pm**  
Craft: Paint Summer Flip Flops & Flowers

7

1

8

**10-10:30 am**  
Mindfulness with Vicki

2

9

3

10

**11:30 am-1 pm**  
Drop in Game Day

13

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

14

**10-11:30 am**  
Hiking Group: Mt. Hope Cemetery Tour \$15

**11:30 am-12:30 pm**  
Trainer Tips with Shane

15

16

17

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

20

**11:30 am -1 pm**  
Craft: Porcelain Summer Decor Painting

21

**11:30 am-12:15 pm**  
Seated Tap Dancing with Maria

22

**10-10:30 am**  
Balance Exercises with Vicki

23

24

**11:30 am-12:30 pm**  
Music Bingo and Popcorn

**1-2:30 pm**  
Hiking Group: Tinker Nature Park

27

**10:30 am to Noon**  
Healthy Protein Balls and Shakes!

28

29

30

31

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

Please email [marianne@RochesterYMCA.org](mailto: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:

