



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

10-11 am ⁶
Basic Computer Skills

11 am to Noon
SilverSneakers Chair Exercise with Ruth Redman

Noon to 1 pm
Congregate Meals: Eating with Friends

11 am to Noon ¹³
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities

Noon to 1 pm
Congregate Meals: Eating with Friends

11 am to Noon ²⁰
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities

Noon to 1 pm
Congregate Meals: Eating with Friends

11 am to Noon ²⁷
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities

Noon to 1 pm
Congregate Meals: Eating with Friends

11 am to Noon ⁷
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities

Noon to 1 pm
Congregate Meals: Eating with Friends

10-11:30 am ¹⁴
Hiking Group: Mt. Hope Cemetery Tour \$15

11 am to Noon
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities

Noon to 1 pm
Congregate Meals: Eating with Friends

11 am to Noon ²¹
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities

Noon to 1 pm
Congregate Meals: Eating with Friends

11 am to Noon ²⁸
SilverSneakers Virtual Chair Yoga

Noon to 2 pm
Board Games/Art Activities

Noon to 1 pm
Congregate Meals: Eating with Friends

10-11 am ¹
Beginner's Basic Computer Skills

11 am to Noon
SilverSneakers Chair Exercise with Ruth Redman

10 am-2 pm
Sewing Club

Noon to 1 pm
Congregate Meals: Eating with Friends

10-11 am ⁸
Beginner's Basic Computer Skills

11 am to Noon
SilverSneakers Chair Exercise with Ruth Redman

10 am-2 pm
Sewing Club

Noon to 1 pm
Congregate Meals: Eating with Friends

10-11 am ¹⁵
Beginner's Basic Computer Skills

11 am to Noon
SilverSneakers Chair Exercise with Ruth Redman

10 am-2 pm
Sewing Club

Noon to 1 pm
Congregate Meals: Eating with Friends

10-11 am ²²
Beginner's Basic Computer Skills

11 am to Noon
SilverSneakers Chair Exercise with Ruth Redman

10 am-2 pm
Sewing Club

Noon to 1 pm
Congregate Meals: Eating with Friends

10-11 am ²⁹
Beginner's Basic Computer Skills

11 am to Noon
SilverSneakers Chair Exercise with Ruth Redman

10 am-2 pm
Sewing Club

Noon to 1 pm
Congregate Meals: Eating with Friends

10 am-2 pm ²
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Congregate Meals: Eating with friends

10 am-2 pm ⁹
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Congregate Meals: Eating with friends

10 am-2 pm ¹⁶
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Congregate Meals: Eating with friends

10 am-2 pm ²³
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Congregate Meals: Eating with friends

10 am-2 pm ³⁰
Sewing Club

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 1 pm
Congregate Meals: Eating with friends

11 am to Noon ³
SilverSneakers Virtual Chair Exercise

Noon to 2 pm
Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals

11 am to Noon ¹⁰
SilverSneakers Virtual Chair Exercise

Noon to 2 pm
Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals

11 am to Noon ¹⁷
SilverSneakers Virtual Chair Exercise

Noon to 2 pm
Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals

9 am-3 pm ²⁴
UR Medicine Mammogram Van

11 am to Noon
SilverSneakers Virtual Chair Exercise

Noon to 2 pm
Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals

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

11 am to Noon ³¹
SilverSneakers Virtual Chair Exercise

Noon to 2 pm
Divine Listening with Pastor Mike: Connect with friends through fun games, activities and Congregate Meals

Please email bridgetg@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:

