



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	4 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Board Games/Art Activities	5 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon Silvers Sneaker's Chair Exercise/w Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	6 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	7 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Divine Listening with Pastor Mike - Fun Games & Activities
10 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	11 10-11:30 am Hiking Group: Mendon Ponds Park Birdsong Trail 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Board Games/Art Activities	12 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon Silvers Sneaker's Chair Exercise/w Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	13 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	14 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Divine Listening with Pastor Mike - Fun Games & Activities
17 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	18 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Board Games/Art Activities	19 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon Silvers Sneaker's Chair Exercise/w Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	20 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	21 10-2 pm Salute to Seniors - Ontario Beach Park 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Divine Listening with Pastor Mike - Fun Games & Activities
24 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	25 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Board Games/Art Activities	26 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon Silvers Sneaker's Chair Exercise/w Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together 6-8 pm Community BINGO Night	27 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	28 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together Noon to 2 pm Divine Listening with Pastor Mike - Fun Games & Activities 1-2:30 pm Hiking Group: Channing Philbrick Park
31 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together				

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:

