



# ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | AUGUST 2026

| MONDAY                                                            | TUESDAY                                                                                                                               | WEDNESDAY                                                                                                                              | THURSDAY                                                                                                                                         | FRIDAY                                                                                                                                                                                                      |
|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>10am - 11 am<br>August Birthday Celebration - Lounge         | 4<br>9:15-11 am<br>Community Garden Open Hours                                                                                        | 5<br>10 am-12:30 pm<br>Euchre - Wegman Room                                                                                            | 6<br>9:15-11 am<br>Community Garden Open Hours                                                                                                   | 7<br>11 am to Noon<br>Board Game Friday - Lounge<br><br>12-2:30 pm<br>Mahjong - Wegman Room                                                                                                                 |
| 10                                                                | 11<br>9:15-11 am<br>Community Garden Open Hours<br><br>10-11:30 am<br>Hiking Group: Mendon Ponds Park Birdsong Fairy Trail            | 12<br>10 am-12:30 pm<br>Euchre - Wegman Room<br><br>11 am to Noon<br>Edward Jones Investments Presents: Perspective - Strong Kids Room | 13<br>9:15-11 am<br>Community Garden Open Hours                                                                                                  | 14<br>Noon to 2:30 pm<br>Mahjong - Wegman Room<br><br>12:30 pm-1:30 pm<br>Craft: Wooden Magnet - Wegman Room                                                                                                |
| 17<br>12:45-1:30 pm<br>Drum Fit with Beth Kosoff - Aerobic Studio | 18<br>9:15-11 am<br>Community Garden Open Hours<br><br>11:15 am-12:15 pm<br>Melissia Schmidt: Decoding Nutrition Labels - Wegman Room | 19<br>10 am-12:30 pm<br>Euchre - Wegman Room                                                                                           | 20<br>9:15-11 am<br>Community Garden Open Hours                                                                                                  | 21<br>10 am-2 pm<br>Salute to Seniors - Ontario Beach Park<br><br>11 am to Noon<br>RocDog Therapy Dogs Lounge<br><br>12-2:30 pm<br>Mahjong - Wegman Room                                                    |
| 24<br>12:45-1:45 pm<br>Diamond Dots: Butterflies - Wegman Room    | 25<br>9:15-11 am<br>Community Garden Open Hours<br><br>1-2:30 pm<br>Book Club: Blessing of the Lost Girls by J.A. Jance - Wegman Room | 26<br>10 am-12:30 pm<br>Euchre - Wegman Room                                                                                           | 27<br>9:15-11 am<br>Community Garden Open Hours<br><br>11:15 am-12:15 pm<br>Alzheimer's Association: Building Brain Healthy Habits - Wegman Room | 28<br>12-2:30 pm<br>Mahjong - Wegman Room<br><br>1-2:30 pm<br>Hiking Group: Channing Philbrick Park                                                                                                         |
| 31                                                                |                                                                                                                                       |                                                                                                                                        |                                                                                                                                                  | <b>Please Note:</b><br>All programs in Green require online registration at <a href="https://RochesterYMCA.org">RochesterYMCA.org</a> . 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:





# ACTIVE OLDER ADULT DESCRIPTIONS

NORTHWEST FAMILY YMCA | AGUUST 2026

Programs in **Green** require online registration at [RochesterYMCA.org](https://RochesterYMCA.org); registration opens at 10 am on the third Monday of the prior month.

## Arts and Creative Workshops:

### **Craft: Wooden Magnet**

Create a unique personalized magnet keepsake for your home or a thoughtful gift for a loved one.

### **Craft: Diamond Dots**

Come relax with us as we do another diamond dots craft! This month's theme will be butterflies!

## Games and Social Clubs:

### **Euchre**

Open play. Join us in the Wegman Room! Euchre is a trick-taking game typically played with four players in two partnerships. The game involves a trump suit and players work to win tricks and achieve the predetermined number of points needed for victory.

### **RocDog Therapy Dogs**

Spend time with adorable and certified therapy dogs who bring comfort and joy. These furry friends are here to brighten your day and reduce stress. A paws-itively wonderful experience for all.

### **Book Club**

We meet monthly to discuss our previous book and share our thoughts and takeaways. Please join us in the Wegman Room, our book selection for August is *Blessing of the Lost Girls* by J.A. Jance.

### **Board Game Friday**

Join us on the first Friday of the month to play from a wide selection of board games, puzzles and more!

### **Mahjong**

Mahjong is a game of skill, strategy and luck. Join us weekly for fun and companionship.

### **Community Garden Open Hours**

Join us in the morning on helping us maintain and grow our garden, located behind the Wellness Center. Please ensure to scan in at the Front Desk before going to garden. All levels of gardening experience welcome! Supplies are provided or you can bring your own from home.

## Special Events and Guest Speakers

### **August Birthday Celebration**

Are you celebrating your birthday this August? Come celebrate with us with some sweets and treats!

### **Edward Jones Investment Presentation**

Join Financial Advisor, Robert Nestruck with Edward Jones Investments for coffee and a discussion on the latest market trends. Bring your questions for an open discussion.

### **Drum Fit Demo**

Experience a beat-driven class for all fitness levels through rhythm and motion which can improve coordination, boost core strength and relieve stress without any intimidation.

### **Eat Empowered: Decoding Nutrition Labels**

Join master nutrition coach Melissa Schmidt in the Wegman Room. Participants will gain practice skills needed to compare products quickly, spot hidden ingredients and make truly informed dietary choices for long term wellness while saving money.

### **Alzheimer's Association: Building Brain Healthy Habits**

Join us in the Strong Kids Room as we welcome the Alzheimer's Association. This course covers healthy habits for your brain: the brain heart connection and why brain health is important at all ages. Also how to build your personalized action plan for brain healthy habits.