



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30 am-1 pm Craft: Rock Painting	4	5	6 9:30-10:15 am Nordic Walking with Elizabeth	7 11:30 am-1 pm Drop in Game Day
10	11 10-11:30 am Hiking Group: Mendon Ponds Park Birdsong Fairy Trail 11:30 am-12:30 pm Trainer Tips with Shane	12 10-10:30 am Mindfulness with Vicki	13	14
17 11:30 am -12:30 pm Presentation: How to Change your Brain with Daphne	18 11:30 am-12:15 pm Seated Tap Dancing with Maria	19	20	21 10-2 pm Salute to Seniors - Ontario Beach Park 11:30 am-1 pm Paint a Velvet Summer Picture
24 11:30 am-12:15 pm Nordic Walking with Elizabeth	25	26 10-10:30 am Balance Exercises with Vicki	27	28 11:30 am-1 pm Craft: Make an Acrylic Key Chain 1-2:30 pm Hiking Group: Hanning Philbrick Park
31 10:30 am to Noon End of Summer Celebration: Fruit Kabobs				Please Note: All programs in Blue require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.

Please email 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:

