



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 11:30 am-12:30 pm Lecture: Non-Negotiables of Health with Daphne	3	4 11:30 am-12:15 pm Nordic Walking with Elizabeth
7 Happy Labor Day! Branch Closed	8 11 am-2 pm Tuesday at the Bay: Kayak, Paddleboard, Pilates and more!	9 10-10:30 am Mindfulness with Vicki	10 11:30 am-12:30 pm Trainer Tips with Shane: Gym Mistakes that Stall Progress	11
14 11:30 am-1 pm Craft: Sunflower Wreath	15 10-11:30 am Hiking Group: Turning Point Park 11 am-2 pm Tuesday at the Bay: Kayak, Paddleboard, Pilates and more!	16 11:30 am-12:30 pm Lecture: Steps to Take When Looking to Downsize with Rebecca	17 9:30-10:15 am Nordic Walking with Elizabeth	18 11:30 am-12:15 pm Trivia
21 11:30 am-12:30 pm Music Bingo	22 11 am-2 pm Tuesday at the Bay: Kayak, Paddleboard, Pilates and more!	23 10-10:30 am Balance Exercises with Vicki	24 9-11 am Flu Clinic	25 11:30 am-1 pm Craft: Windchimes 1-2:30 pm Hiking Group: Mt. Morris Dam Tour - \$1 per person
28 11:30 am-12:15 pm Nordic Walking with Elizabeth	29 11 am-2 pm Tuesday at the Bay: Kayak, Paddleboard, Pilates and more!	30		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:

