



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30–11:30 am SilverSneakers 2:15–3 pm Name That Tune 50s 60s & 70s	2 1:10–2:10 pm Zumba Gold	3 10:30–11:30 am SilverSneakers	4 1:10–2:10 pm Zumba Gold
7 Happy Labor Day! Branch Closed	8 10:30–11:30 am SilverSneakers 1:10–1:50 pm Drum Fit 2:15–3 pm Senior Bingo	9 1:10–2:10 pm Zumba Gold	10 10:30–11:30 am SilverSneakers	11 1:10–2:10 pm Zumba Gold
14 9:15–10 am Tea & Ted Talks 1:10–2:10 pm Feeling Fit 2:15–3 pm Senior Craft	15 10:30–11:30 am SilverSneakers 1–2 pm Senior Seminar: Age in Place – Reclaim Your Freedom! Declutter	16 1:10–2:10 pm Zumba Gold	17 10:30–11:30 am SilverSneakers	18 1:10–2:10 pm Zumba Gold
21 9:15–10 am Tea & Ted Talks 1:10–2:10 pm Feeling Fit 2:15–3 pm Senior Craft	22 10:15–11 am Mindful Moments 10:30–11:30 am SilverSneakers 2:15–3 pm Senior Seminar: Beekeeping Basics	23 9–11 am Olympic Gold 1:10–2:10 pm Zumba Gold	24 10:30–11:30 am SilverSneakers 11:45 am–1 pm Lunch & Learn: Building Brain Healthy Habits	25 1:10–2:10 pm Zumba Gold
28 9:15–10 am Tea & Ted Talks 1:10–2:10 pm Feeling Fit 2:15–3 pm Senior Craft	29 10:30–11:30 am SilverSneakers 2:15–3 pm 50s 60s & 70s Team Trivia	30 1:10–2:10 pm Zumba Gold		Please Note: All programs in Orange require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.

Please email Heather.Robbins@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:

