



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | SEPTEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 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	2 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	3 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	4 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Divine Listening with Pastor Mike - Fun Games & Activities Noon to 2 pm Congregate Meals Eat & Connect together
7 Happy Labor Day! Neighborhood Center Closed	8 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	9 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	10 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	11 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Divine Listening with Pastor Mike - Fun Games & Activities Noon to 2 pm Congregate Meals Eat & Connect together
14 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercise w/ Ruth Redman Noon to 1 pm Congregate Meals: Eat & Connect together	15 10-11:30 am Hiking Group: Turing Point Park 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	16 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	17 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	18 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Divine Listening with Pastor Mike - Fun Games & Activities Noon to 2 pm Congregate Meals Eat & Connect together
21 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercise w/ Ruth Redman Noon to 1 pm Congregate Meals: Eat & Connect together	22 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	23 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together	24 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect together	25 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Divine Listening with Pastor Mike - Fun Games & Activities Noon to 2 pm Congregate Meals Eat & Connect together 1-2:30 pm Hiking Group: Mt. Morris Dam Tour - \$1 per person
28 10-11 am Basic Computer Skills 11 am to Noon SilverSneakers Chair Exercise w/ Ruth Redman Noon to 1 pm Congregate Meals: Eat & Connect together	29 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	30 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Chair Exercises w/ Ruth Redman Noon to 1 pm Congregate Meals Eat & Connect together		Please Note: All programs in Green require online registration at RochesterYMCA.org . Registration opens at 10 am on the third Monday of the prior month.

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:

