



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:15-11 am Community Garden Open Hours 11:15 am-1 pm No Bake Lemon Short Cakes - Wegman Room	2 10 am-12:30 pm Euchre - Wegman Room 11 am to Noon Edward Jones: The Markets Today - Strong Kids Room	3 9:15-11 am Community Garden Open Hours	4 11 am to Noon Board Games & Puzzles - Strong Kids Room Noon -2:30 pm Mahjong - Strong Kids Room
7 Happy Labor Day! Branch Closed	8 11 am to Noon September Birthday Celebration - Lounge	9 10 am-12:30 pm Euchre - Wegman Room	10 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room	11 Noon -2:30 pm Mahjong - Strong Kids Room
14 12:45-1:45 pm MVPT Presents: The Management of Chronic Low Back Pain - Wegman Room	15 10-11:30 am Hiking Group: Turning Point Park 11:15 am-12:15 pm Protein Power for Health and Active Aging with Melissia Schmidt - Wegman Room	16 10 am-12:30 pm Euchre - Wegman Room	17 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room	18 11 am to Noon RocDog Therapy Dogs - Lounge Noon -2:30 pm Mahjong - Strong Kids Room
21 10 am to Noon Peanut Butter and Jelly Factory - Wegman Room	22 11:15 am-12:15 pm Alzheimer's Association: Building Foundations of Caregiving - Wegman Room 1-2:30 pm Book Club: The Nightingale - Wegman Room	23 10 am-12:30 pm Euchre - Wegman Room	24 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room	25 Noon -2:30 pm Mahjong - Strong Kids Room 1-2:30 pm Hiking Group: Mt. Morris Dam Tour - \$1 per person
28 12:45-1:45 pm North Greece Fire Department: Residential Fire Safety - Wegman Room	29 11:15 am-12:15 pm Pace Chiropractic: Aging Upright, Balance, Mobility and Longevity - Wegman Room	30 10 am-12:30 pm Euchre - Wegman Room 11:15 am-12:15 pm Health & Wellness with Paul LoTempio - Strong Kids Room		Please Note: All programs in Red require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.

Please email 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 | SEPTEMBER 2026

Programs in **Red** require online registration at RochesterYMCA.org; registration opens at 10 am on the third Monday of the prior month.

Bite-Sized Learning:

No Bake Lemon Short Cakes

Join us in the Wegman Room to help make and enjoy a delicious no-bake treat while spending time with friends.

Games & 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 September is *The Nightingale* by Kristin Hannah.

Board Games & Puzzles 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 & Guest Speakers:

September Birthday Celebration

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

Edward Jones Investment Presentation: The Market Today

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.

Peanut Butter and Jelly Factory

Volunteer Opportunity: We will be working to assemble more than 100 peanut butter and jelly sandwiches to be delivered to the House of Mercy for general distribution to the area's homeless.

Protein Power for Health and Active Aging

Join master nutrition Coach Melissa Schmidt in the Wegman Room to learn why protein supports better health & active aging including how to add more protein to your diet.

Alzheimer's Association: Building Brain Healthy Habits

Join us in the Wegman Room as we welcome the Alzheimer's Association. This presentation explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

MVPT: The Management of Chronic Lower Back Pain

Please join MVPT Physical Therapy for a presentation on the management of chronic low back pain! Learn about the relevant bones and muscles in the lumbar region, appropriate lifestyle factors that can influence the onset of low back pain and what to do when you get stuck in a pinch! Learn how the #1 most common reason for musculoskeletal pain can be managed.

North Greece Department: Residential Fire Safety

Join Sean Beiter from the North Greece Fire Department in the Wegman Room to discuss fire safety in the home along with escape routes, electricity safety and much more!

Pace Chiropractor: Aging Upright - Posture and Balance

Come join us in the Wegman Room for a talk on the secrets to better posture, balance, mobility and longevity.

Health and Wellness discussion with Paul

Join our Wellness Coordinator, Paul for an informative discussion on health and wellness, personal training opportunities and the YMCA EGYM. Learn how these resources can help you stay active, improve your fitness and support your overall well-being. Meet in the Strong Kids Room.