



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			1	2 11:30 am-12:30 pm Game Day
5 11:30 am-12:30 pm Craft: Fall Pumpkins & Suncatchers	6	7 Happy Healthy Aging Day! 9 am-12:30 pm Healthy Aging Day at Camp Bay View: Lecture with Daphne, Chair Yoga and more!	8	9 11:30 am-12:15 pm Nordic Walking with Elizabeth
12 11:30 am-12:15 pm Nordic Walking with Elizabeth	13 10-11:30 am Hiking Group: Genesee Greenway, Canawaugus Trail 11:45 am-12:30 pm Seated Tap Dancing with Maria	14 10-10:30 am Mindfulness with Vicki	15	16 11:30 am-12:30 pm Craft: Fall Leaves using Tissue Paper
19 11:30 am-1 pm Knit & Crochet with Friends	20 11:30 am-12:30 pm Lecture: Foot Mobility & Strengthening with Daphne	21	22	23 11:30 am-12:30 pm Trivia 1-2:30 pm Hiking Group: Durand Park - Log Cabin Road
26 11:30 am-1 pm Craft: Fall Bracelets	27	28 10-10:30 am Balance Exercises with Vicki	29	30

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:

