



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET NEIGHBORHOOD CENTER | OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercises Noon to 1 pm Congregate Meals Eat & Connect Together	2 9-11 am Quarterback Club Game Highlights & Activities 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
5 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/ Ruth Redman	6 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	7 Happy Healthy Aging Day! 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/Ruth Redman 1-2 pm Line Dancing w/David Intetlicchia	8 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercises Noon to 1 pm Congregate Meals Eat & Connect Together	9 9-11 am Quarterback Club Game Highlights & Activities 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
12 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/ Ruth Redman	13 10-11:30 am Hiking Group: Genesee Greenway, Canawaugus Trail 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	14 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/Ruth Redman 1-2 pm Line Dancing w/David Intetlicchia	15 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercises Noon to 1 pm Congregate Meals Eat & Connect Together	16 9-11 am Quarterback Club Game Highlights & Activities 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
19 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/ Ruth Redman	20 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	21 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/Ruth Redman 1-2 pm Line Dancing w/David Intetlicchia	22 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercises Noon to 1 pm Congregate Meals Eat & Connect Together	23 9-11 am Quarterback Club Game Highlights & Activities 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: Durand Park - Log Cabin Road
26 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/ Ruth Redman	27 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	28 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercises w/Ruth Redman 1-2 pm Line Dancing w/David Intetlicchia	29 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercises Noon to 1 pm Congregate Meals Eat & Connect Together	30 9-11 am Quarterback Club Game Highlights & Activities 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

Please email bridgetg@rochesterymca.org
with any questions, concerns, or talents!
Notes registration is required.

Join the Active Older Adults at the
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