



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			1 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room 11 am to Noon October Birthday Celebration - Lounge	2 10-11 am Board Games & Puzzles - Wegman Room Noon to 2:30 pm Mahjong - Wegman Room
5 12:45-1:45 pm Mayfair Travel - Wegman Room	6	7 Happy Healthy Aging Day! 10-11 am Healthy Aging Day: The Brain Food Connection - Strong Kids Room 10 am-12:30 pm Euchre - Wegman Room	8 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room 11:15 am-12:15 pm Mandala Art - Strong Kids Room	9 Noon to 2:30 pm Mahjong - Wegman Room
12 12:45-1:45 pm MVPT Presents: Balance and Falls - Wegman Room	13 10-11:30 am Hiking Group: Genesee Greenway, Canawaugus Trail 11:15 am-1:15 pm Introduction to Card Making - Wegman Room	14 10 am-2:30 pm Euchre - Wegman Room 11 am to Noon Alzheimer's Association Presents: Supporting Independence - Strong Kids Room	15 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room	16 11 am to Noon RocDog Therapy Dogs - Lounge Noon to 2:30 pm Mahjong - Strong Kids Room
19 12:45-1:45 pm Presentation: iPhone Tips & Tricks - Wegman Room	20 11:15 am-12:15 pm Discover Genealogy - Wegman Room	21 10 am to 2:30 pm Euchre - Wegman Room 11 am-12:30 pm No Bake Apple Nachos - Strong Kids Room	22 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room 11:15 am-12:15 pm Edward Jones: Rules of the Road - Strong Kids Room	23 Noon to 2:30 pm Mahjong - Strong Kids Room 1-2:30 pm Hiking Group: Durand Park - Log Cabin Road
26 12:45-2 pm Halloween Bingo Bash - Wegman Room	27 1-2:30 pm Book Club - Wegman Room	28 10 am to 2:30 pm Euchre - Wegman Room	29 10 am to Noon Knitting/Crocheting Handcrafting Group - Wegman Room	30

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

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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:

National Apple Month: No Bake Apple Nachos

Skip the baking and dive straight into the fun! Join us for a delicious, hands-on social in the Strong Kids Room where we will build the ultimate No Bake Apple Nachos!

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. This month we will be discussing *License* by Diane Rivoli. Join us in the Wegman Room!

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.

Knitting/Crocheting Handcrafting Group

A welcoming group for anyone who enjoys knitting, crocheting and other handcrafts. Bring your current project, share ideas and techniques and enjoy good conversation and creativity with others.

Special Events & Guest Speakers:

October Birthday Celebration

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

Edward Jones Investment Presents Rules of the Road

Join Financial Advisor, Robert Nestruck with Edward Jones Investments as we learn the 10 rules of the road for investing which will help you learn the fundamental concepts of investing and potential strategies to help you build your wealth.

Mayfair Travel Presentation

Join us in the Wegman Room to discuss Fall/Winter Travel Ideas!

Healthy Aging Day: The Brain-Food Connection

Join us in the Strong Kids Room to learn how diet & nutrition support both a healthy body & a healthy brain as you age.

Alzheimer's Association Presents: Supporting Independence

Join us in the Strong Kids Room: Focus on helping your loved one living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectation.

MVPT Presents: Balance and Falls

Please join MVPT Physical Therapy in the Strong Kids Room for a presentation on balance and falls! Learn about what muscles to train legs to get stronger, how balance exercises can be integrated into our day to day lives and what to do in the event of a fall.

Introduction to Card Making

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!

Mandala Art Project

Come join us in the Strong Kids Room for a relaxing and creative session of Mandala Art. No prior experience needed.

iPhone Tips & Tricks

Join us for a hands-on, in person class to unlock the full power of your iPhone! Learn simple, hidden shortcuts that make daily navigation a breeze. We will meet in the Wegman Room.

Discover Genealogy

This is a fantastic time to start your journey into genealogy! Due to new technologies, research can be conducted more quickly and data is readily available to anyone with an interest in the past. Trace your lineage. Access historical documents and records online. Find critical source documents of ancestors.

Halloween Bingo Bash

Ghouls just want to have fun! Halloween Bingo Bash! Costumes, treats and drinks are optional.