



ACTIVE OLDER ADULT PROGRAMMING

CORNING 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.

5

6

7

8

9

12

13

14

15

16

10:30-11:30 am
SilverSneakers

1:10-2:10 pm
Zumba Gold

19

20

21

22

23

2:15-3 pm
AOA Board Games

10:30-11:30 am
SilverSneakers

1-2 pm
Senior Seminar:
Aging In Your Home
(Intro)

1:10-2:10 pm
Zumba Gold

10:30-11:30 am
SilverSneakers

1:10-2:10 pm
Zumba Gold

26

27

28

29

30

10:30-11:30 am
SilverSneakers

1-2 pm
Senior Seminar:
Aging In Your Home

1:10-2:10 pm
Zumba Gold

10:30-11:30 am
SilverSneakers

1:10-2:10 pm
Zumba Gold

Please email Luke.Lynam@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:

