ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **11 am to Noon** November Birthday Celebration - Lounge **12:45-1:45 pm** Mayfair Travel - Wegman Room	3 **11:15 am-1:15 pm** Wreath Making - Wegman Room	4 **10 am-12:30 pm** Euchre Group - Wegman Room	5 **10 am to Noon** Knitting/Crocheting Handcrafting Group - Wegman Room	6 **11 am to Noon** Board Games & Puzzles - Lounge **Noon to 2:30 pm** Mahjong - Wegman Room
9 **12:45-1:45 pm** MVPT: Staying Active Through the Holidays - Wegman Room	10 **11:15 am-12:15 pm** Edwards Jones: Financial Power, Power of Budgeting - Wegman Room	11 **10 am-12:30 pm** Euchre Group - Wegman Room **11 am to Noon** Alzheimer Association: Communicating Effectively - Strong Kids Room	12 **10 am to Noon** Knitting/Crocheting Handcrafting Group - Wegman Room	13 **10:15-11:15 am** Henna Art - Wegman Room **Noon to 2:30 pm** Mahjong - Wegman Room
16 **12:45-2:30 pm** 3D Floral Ceramic Painting - Strong Kids Room	17 **11:15 am-12:30 pm** Friendsgiving Bingo - Wegman Room	18 **10 am-12:30 pm** Euchre Group - Wegman Room	19 **10 am to Noon** Knitting/Crocheting Handcrafting Group - Wegman Room	20 **11 am to Noon** ROC Dog Therapy Dogs - Lounge **Noon to 2:30 pm** Mahjong - Wegman Room
23	24 **1- 2:30 pm** Book Club: The Briar Club by Kate Quinn - Wegman Room	25 **10 am-12:30 pm** Euchre Group - Wegman Room	26 **Happy Thanksgiving!!** Branch Hours 8 am to Noon	27 **Noon to 2:30 pm** Mahjong - Wegman Room
30 **10 am to Noon** Peanut Butter and Jelly Factory - Wegman Room				**Please Note:** All programs in Purple 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

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Arts & Creative Workshops:

Henna Art

Please join us in the Wegman Room for Henna! Henna is a natural plant based paste used to create beautiful temporary body art. In this session, you will learn how to apply it on yourself or a partner.

3D Floral Ceramic Painting

Come join us in the Strong Kids Room for floral ceramic painting! Whether you are an experienced artist, a beginner, or someone seeking a relaxing creative outlet, this vintage floral ceramic painting caters to all skill levels. Spark creativeity, refine motor skills and deliver a soothing, enjoyable artistic experience!

Wreath Making

Ready to unlock your inner creator? No experience? No problem! Join us in the Wegman Room for a fun relaxed crafting experince where you will learn to build a gorgeous looking seasonal wreath from scratch.

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 acheive the predetermind number of points needed for victory.

Board Games & Puzzles

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.

Special Events & Guest Speakers:

FriendsGiving Bingo Bash

Friendsgiving! Please consider signing up for a dish to pass at the member service desk. Store bought items please.

November Birthday Celebration

Are you celebrating a November Birthday? Come join us in the lounge for a sweet treat!

Mayfair Travel Presentation

Meet us in the Wegman Room to learn about travel themes and issues that might arise.

MVPT Presents: Staying Active Through the Holidays

Please join Monroe Valley Physical Therapy for a presentation in the Wegman Room on staying active through the holidays! It is easy for us to push our exercises and active lifestyles to the side during the busy holiday season. Learn how we can best stay on our workout plans and how to keep a schedule to include physical activity despite the distractions around us.

Edward Jones Presents: Financial Power, The Power of Budgeting

This seminar explores the importance of a budget, looks at the difference between wants and needs and explains how to set goals for personal spending, savings and debt repayment. Meet us in the Wegman Room.

Alzheimer's Association Presents: Communicating Effectively

Please meet us in the Lounge to learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.