ACTIVE OLDER ADULT PROGRAMMING

BULL'S HEAD YMCA NEIGHBORHOOD CENTER | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9 am** SilverSneakers Classic	3 **11 am-1 pm** Crochet with Nettie	4 **9 am** SilverSneakers Classic **9-10 am** Workout with a Cop	5	6 **9 am** SilverSneakers Classic **9 am** AOA Bingo AOA **10:30 am** Susan Alldredge indvidual meeting
9 **9 am** SilverSneakers Classic	10 **11 am-1 pm** Crochet with Nettie	11 **9 am** SilverSneakers Classic	12	13 **9 am** SilverSneakers Classic **9 am** AOA Bingo **10:30 am** Susan Alldredge individual meeting
16 **9 am** SilverSneakers Classic	17 **11 am-1 pm** Crochet with Nettie	18 **9 am** SilverSneakers Classic	19 **1:30-3:30 pm** Bowling at ABC Bowl with The Westside Family YMCA	20 **9 am** SilverSneakers Classic **10:30 am** Thanksgiving Potluck
23 **9 am** SilverSneakers Classic	24 **11 am-1 pm** Crochet with Nettie	25 **9 am** SilverSneakers Classic	26 **Happy Thanksgiving!!** Neighborhood Center Hours 8 am to Noon	27 **9 am** SilverSneakers Classic **10:30 am** AOA Bingo
30 **9 am** SilverSneakers Classic				

Please email cynthia.welch@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: