ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET NEIGHBORHOOD CENTER | DECEMBER 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	1 **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	2 **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 Yoga Exercise with Ruth Redman	3 **10 am-2 pm** Sewing Club **11 am to Noon** SilverSneakers Virtual Chair Exercises **Noon to 1 pm** Congregate Meals: Eat & Connect Together	4 **9-11 am** Quarter Back Club **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
7 **10-11 am** Basic Computr Skills **11:30 am to Noon** Congregate Meals: Eat & Connect Together **12:15-1 pm** SilverSneakers Chair Yoga Exercise with Ruth Redman	8 **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	9 **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 Yoga Exercise with Ruth Redman	10 **10 am-2 pm** Sewing Club **11 am to Noon** SilverSneakers Virtual Chair Exercises **Noon to 1 pm** Congregate Meals: Eat & Connect Together	11 **9-11 am** Quarter Back Club **10:30 am-3 pm** Tis the Season: Food Basket Giveaway **11 am to Noon** SilverSneakers Virtual Chair Yoga **Noon to 2 pm** Congregate Meals: Eat & Connect Together
14 **10-11 am** Basic Computr Skills **11:30 am to Noon** Congregate Meals: Eat & Connect Together **12:15-1 pm** SilverSneakers Chair Yoga Exercise with Ruth Redman	15 **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	16 **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 Yoga Exercise with Ruth Redman	17 **10 am-2 pm** Sewing Club **11 am to Noon** SilverSneakers Virtual Chair Exercises **Noon to 1 pm** Congregate Meals: Eat & Connect Together	18 **9-11 am** Quarter Back Club **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
21 **10-11 am** Basic Computr Skills **11:30 am to Noon** Congregate Meals: Eat & Connect Together **12:15-1 pm** SilverSneakers Chair Yoga Exercise with Ruth Redman	22 **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	23 **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 Yoga Exercise with Ruth Redman	**Neighborhood Center Hours** 8 am-3 pm 24 **10 am-2 pm** Sewing Club **11 am to Noon** SilverSneakers Virtual Chair Exercises **Noon to 1 pm** Congregate Meals: Eat & Connect Together	25 **Merry Christmas!!** Neighborhood Center Closed
28 **10-11 am** Basic Computr Skills **11:30 am to Noon** Congregate Meals: Eat & Connect Together **12:15-1 pm** SilverSneakers Chair Yoga Exercise with Ruth Redman	29 **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	30 **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 Yoga Exercise with Ruth Redman	**Neighborhood Center Hours** 8 am-5 pm 31 **10 am-2 pm** Sewing Club **11 am to Noon** SilverSneakers Virtual Chair Exercises **Noon to 1 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 YMCA of Greater Rochester Facebook Group!
Scan the QR code: