ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | 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 **11:30 am–12:30 pm** Lecture: Senior Helpers will discuss services they offer	2	3	4 **11:30 am–12:30 pm** Puzzle & Card Games
7 **11:30 am–1 pm** Craft: Paint Holiday Ornaments from Color Me Mine	8	9 **10–10:30 am** Mindfulness with Vicki	10	11
14 **11:30 am–12:30 pm** Knit & Crochet with Friends	15 **11:45 am–12:30 pm** Seated Tap Dance with Maria	16 **10–10:30 am** Ready, Steady, Rise with Vicki	17	18 **11:30 am–12:30 pm** Craft: Paper Flowers with Senior Helpers
21 **11:30 am–12:30 pm** Bingo	22	23	24 **Branch Hours** 5:30 am–3 pm	25 **Merry Christmas!!** Branch Closed
28 **11:30 am–12:30 pm** Musical Bingo	29	30	31 **Branch Hours** 5:30 am–5 pm **11 am–1 pm** Noon Year's Eve Celebration	

Please email mariannea@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: